

Cookery Book



K. GAMBLE

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TO A COOK BOOK

We may live without poetry, music,
and art;
We may live without conscience and live
without heart;
We may live without friends;
we may live without books;
But civilized man cannot live without
cooks.

He may live without books—
What is knowledge but grieving?
He may live without hope—
What is hope but deceiving?
He may live without love,
What is passion but pining?
But where is the man that can live
without dining?



COMPILED and ISSUED BY

The Commercial Girls' Club

WINNIPEG, MAN.

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THE FINE WORK - -

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Miss R. Conroy	<i>Club Room Supervisor</i>
Mrs. R. Muller	<i>Cashier</i>
Miss R. Goodman	<i>Visitor</i>

Health of Body brings Health of Mind

A healthy body is everyman's birthright. A healthy mind, his duty to his neighbor. Since one is interdependent on the other the importance of the foods one eats cannot be overestimated.

From the fronded shores of the sun-kissed tropics to the steppes of far-off Russia, the health of the world's citizenry is in major measure, determined by its diet. And, in that diet, one needs not forego the good things of life when they are so easy of attainment.

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History of Our Club



OR those who are not familiar with the origin and aims of the Commercial Girls' Club of Winnipeg it may be of interest to relate here a brief history of the organization since its inception in 1931.

In the fall of that year it was evident to every commercial employed girl that many of her friends and colleagues had lost their positions with very little prospect of obtaining others. The situation of the unemployed girl was keenly felt by Miss Kathleen Archer and with a view to placing the matter before others interested she obtained permission to hold a public meeting in the Winnipeg Free Press building. This meeting was held on October 7, 1931, and was attended by more than 650 business girls and women. A second meeting was held in Knox Church on October 13 when the first officers, board of directors and a general committee were elected. The first executive consisted of Miss K. E. Archer, president, Miss M. M. McDonald, vice-president, and Miss B. S. McGillivray, secretary-treasurer.

Following this meeting the club went immediately into active operation. Only unemployed commercial girls were eligible to register with the club and it was decided that the funds on which the organization would function should be obtained from the voluntary monthly dues of contributing members. Before the end of the first year the club had an unemployed membership roll of 835 members and a contributing membership of 3,500.

The outstanding event of 1932 was the club's first Birthday Tea which took place in the Annex of the T. Eaton Company's store on October 14, 1932. This was without doubt the most astounding tea party ever put on in Winnipeg. Thousands of friends of the club thronged to the tea tables and a sum of \$2,411.80 was received to swell the funds of the organization.

History of Our Club—Continued

The Commercial Girls' Club from the beginning has taken the view that all money should be disbursed in the form of wages for work done and, to the extent that its funds permit, the club creates employment for its unemployed members in addition to obtaining positions for them in the business world whenever possible.

In addition to creating and obtaining work for associate members many recreational and educational activities have been carried on during the last two and a half years. Evening classes for speed in shorthand and typewriting have been held in public schools through the courtesy of the Winnipeg School Board and under the auspices of the Y.W.C.A. classes in homecraft, cooking, sewing, current events, dramatics, gymnasium and swimming have been available.

In February, 1934, a club room was opened in Alexandria Block where all associate members are made welcome and where a good library of books is maintained. Evidence of the extent of the club's operation and the whole-hearted and sustained interest of the contributing members is shown by the fact that during the first year of the club's operation \$10,272.67 was received and expended, and during the second year \$12,915.36. This entire amount has been expended either directly or indirectly for the benefit of the associate members.

The success of the Commercial Girls' Club has depended in large measure on the interest and support of the general public in addition to its own membership and in this it has never been disappointed. The club has many good friends in the business world and in the homes of Winnipeg where an appeal in the interests of the unemployed Commercial girl has always found a ready response.

BEVERAGES, COCKTAILS and CANAPES

OYSTER COCKTAIL

Allow three Oysters for each person.

Sauce

½ Cup Heinz Tomato Sauce
2 Tsp. Lea & Perrin Sauce
2 Tsp. Lemon Juice

Salt and Pepper to taste
Top with Horseradish sparingly.

Jessie Thomson

SHRIMP CANAPES

Cut with a pastry cutter some circular slices of bread ¼ of an inch thick and 2 inches across. Fry a golden brown in butter. Drain and set aside to cool. Make a mixture of finely chopped shrimps and an equal quantity of hard-boiled yolks of eggs which have been passed through a sieve. Moisten the mixture with a little melted butter and cream, and season very highly with cayenne pepper and French mustard. Spread the mixture on the rounds of fried bread and arrange on a flat dish; sprinkle over them the whites of the eggs finely chopped and garnish each round with a whole shrimp.

N. Woolfson

TOMATO APPETIZER

5 Cups Tomato Juice
4 Teaspoons Vinegar
1 Teaspoon Salt

4 Teaspoons Lemon Juice
1 Teaspoon Worcestershire Sauce
1 Teaspoon Tabasco Sauce

Mix well and leave in refrigerator half an hour before serving.

G. M. Fisher

FRUIT PUNCH

(100 Persons)

Boil together 2 pints pineapple (2 large tins,) 2 quarts water. Make syrup of 4 lbs. sugar, 2 quarts water. Combine and add 1 quart strong tea, juice of 1 dozen oranges, juice of 1 dozen lemons, 1 quart ginger ale or grape juice, 10 quarts cold water.

RASPBERRY VINEGAR

4 Quarts Raspberries
Sugar

1 Quart mild Vinegar

Pour vinegar over berries and set aside till following day. Mash berries and set aside for 24 hours. Strain and measure juice, and allow 1 lb. sugar to 1 pint liquid. Heat slowly and skim. Boil gently for 25 minutes, then pour into bottles. (Will keep indefinitely). Use with water according to taste.

Marguerite Petrie

· : SOUPS : ·

CHICKEN SOUP

Boil 6 cups chicken broth for 15 minutes with a bay leaf and a few pepper corns. Beat 1 egg well and add, drop by drop, juice of half lemon and pinch of salt. Pour hot soup over egg mixture and warm in double boiler.

PEANUT BUTTER SOUP

2 Cups Soup Stock or water	¼ Cup Onion (chopped)
2 Cups Milk	¼ Cup Celery (diced)
2 Tbsp. Flour	¼ to ½ Cup Peanut Butter
Salt and Paprika	

Method:- Cook onion and celery in stock about 20 minutes. Rub flour and peanut butter together, add milk (scalded), cooked vegetables and liquid, season and cook until blended and flour is cooked. Serve hot.

TURKEY BONE SOUP

After the best cuts have been carved from turkey, break the long bones. Place in a saucepan and cover with cold water, add one carrot sliced, one onion, a stalk of celery shredded, a sprig of parsley, a small bay leaf, a few peppercorns and any left over pieces of skin and dressing. Cover and simmer gently for 2 or 3 hrs. Strain, season with salt and pepper. Serve as hot as possible,

E. M. Fisher

CANADIENNE PEA SOUP

(Quick Method)

1 lb. split green peas	1 Tbsp. Flour
1 qt. cold water	1 Onion
6 Slices Bacon	Salt and Pepper

Method:-Soak peas over night in cold water. Set peas and water in which they are soaked to boil. Cut bacon in small pieces and fry. Drain bacon on brown paper and add to soup. Pour off all but 1 tbsp. bacon fat. Work in flour, and stir constantly until browned. Add diced onion and fry until it is transparent. Add cold water and stir until smooth and boiling. Add this to soup. Season. Simmer soup slowly for several hours. Water may be added as soup boils down. The peas will cling to sides of pan. Scrape them down from time to time. Soup is consistency of thin cream soup. It may be kept for several days.

BRIDGE TEAS
LUNCHEONS

BRATHWAITE'S

PORTAGE and
VAUGHAN

SOUPS—*Continued*

CREAM OF TOMATO SOUP

- 1 Large Can of Tomatoes 2 Small Onions

Boil one hour, strain through sieve.

WHITE SAUCE

- | | |
|---------------------------------------|----------------------------------|
| 1 Teaspoon of Sugar | 1 Teaspoon of Salt |
| $\frac{1}{2}$ Teaspoon of Baking Soda | $\frac{1}{4}$ Teaspoon of Pepper |
| 2 Large Tablespoons of Butter | 3 Tablespoons of Flour |
| 1 Pint of Milk - Boil | |

Boil until thick and add the tomatoes when ready to serve. Do not allow soup to boil after tomatoes have been added to the sauce.

Mrs. C. Moore.

CELERY BOUILLON

With a clean damp cloth wipe a 5 lb. knuckle of veal, cut in small pieces. Put the meat, bone, 2 quarts of cold water, 1 onion, the leaves and stalk of celery and a few peppercorns into a soup kettle. Bring slowly to boiling point, simmer gently about 4 hours adding water as it evaporates. Add one tablespoon of salt when about half cooked. Strain and let stand until fat can be removed. To each quart of the liquid add the crushed shells of 3 eggs and heat to the boiling point stirring constantly, boil for 5 minutes, add $\frac{1}{2}$ cup cold water. Cool slightly, skim and strain through double cheesecloth. Reheat and add a little cooked minced celery to each serving.

E. M. Fisher.

OYSTER SOUP

- | | |
|----------------------------|--|
| $\frac{1}{2}$ Pint Oysters | $\frac{1}{2}$ Cup Celery Leaves or Stalks. |
| 1 Quart Milk | $\frac{1}{2}$ Onion |
| 3 Tablespoons Butter | 2 Sprigs Parsley |
| $\frac{1}{4}$ Cup Flour | Salt |

Pour cup of cold water over oysters, boil, skim and let simmer until plump and edges curl. Then stir into sauce made by cooking flour and butter creamed together in milk scalded with onion, celery and parsley before adding thickening to milk. Part cream makes a more delicious soup. Add salt last.

MOCK OYSTER SOUP

- | | |
|--|----------------------------|
| 3 Cups of Cabbage, grated on vegetable grater. | Butter, size of Walnut |
| 4 Cups Milk | Salt to taste. |
| | Crumbs of 3 large Crackers |

Cook cabbage in sufficient water to keep it from burning until water has almost boiled away; watch rather close when you think it should be cooked. To this add butter, milk, salt and cracker crumbs. Serves 4 or 5.

Viola Spick.

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FLOUR

BREAD, ROLLS, MUFFINS and BISCUITS

ICE BOX PARKER - HOUSE ROLLS

$\frac{3}{4}$ Cup Sugar	} Beat to a cream
1 Cup Lard or Butter	

Add one cup of boiling water to above, and let cool.

Have ready 2 Fleischman Yeast Cakes in cup cold water; when first mixture is cold add yeast cakes. Then add 2 well beaten eggs and one cup of water. Sift 2 teaspoons salt and 7 cups of flour into mixture and mix well. Put in the ice box over night or longer.

When wanted, get ready the tins by buttering and leave the rolls standing one hour or longer. Bake in a fairly hot oven (350°).

Anna E. Parker

SCONES

5 Cups Flour (level measure)	1 Cup Currants (may be omitted)
1 Cup Sugar	2 Teaspoons Baking Powder
1 Teaspoon Salt	

Mix these well together, then make hole in centre and add 5 good tablespoons of melted lard and 2 cups sour milk with 2 level teaspoons soda beaten in. Beat well and gradually mix in flour, etc. as lightly as possible. Soft dough is best. Divide in four and press into shape on four larded pie pans. Cut across with floured knife four times making eight scones per plate. Bake in fairly quick oven about 15 or 20 minutes.

K. Meikle

LUNCHEON ROLLS

4 Cups Flour	1 Teaspoon Salt
6 Teaspoons Baking Powder	1 Tablespoon Shortening
$1\frac{1}{2}$ Cups Milk	

Sift dry ingredients; rub in shortening, add milk and knead quickly a few times to impart smoothness. Divide into small pieces; form into short, thick, tapering rolls, place on greased pan and allow to stand in a warm place for 15 to 20 minutes; brush with milk. Bake about 20 minutes in hot oven 425°. For a glazed finish brush with yolk of egg before taking from the oven.

N. Woolfson

APRICOT BREAD

1 Cup dried Apricots cut fine	$\frac{1}{2}$ Cup White Sugar
1 Cup of Water	$\frac{1}{2}$ Cup Brown Sugar

Boil above ingredients for 15 minutes. Then cool. Add

2 Eggs well beaten	3 Teaspoons Baking Powder
1 Cup Milk	$\frac{1}{2}$ Teaspoon Salt
3 Cups Flour	

Bake for 1 hour in baking powder tins.

E. Langley

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BREAD, ROLLS, MUFFINS and BISCUITS

Continued

ORANGE BREAD

3 Cups Flour	1 Cup Milk
$\frac{1}{4}$ Teaspoon Salt	1 Egg
3 Teaspoons Baking Powder	1 Tablespoon Butter
2 Orange Rinds	$\frac{1}{2}$ Cup White Sugar
1 Cup Water	$\frac{1}{2}$ Cup Brown Sugar

Take the rind of 2 oranges, cut fine and boil with one cup of water until soft. Add brown and white sugar and boil until syrup is thick. Mix as for biscuit dough, flour, salt, baking powder and butter, then add, milk, egg well beaten and orange syrup to dry ingredients and bake in a loaf tin in a slow oven.

C. Davis.

BRAN MUFFINS

1 Cup Brown Sugar	2 Tablespoons Molasses
$\frac{1}{2}$ Cup Shortening (any kind)	1 Cup Sour Milk
1 Teaspoon Salt	1 Teaspoon Soda
1 Egg	$1\frac{1}{2}$ Cups Bran
1 Teaspoon Baking Powder	$1\frac{1}{2}$ Cups Flour

K. Meikle

DATE BREAD

2 Cups Flour	Walnuts
1 Cup Brown Sugar	1 Egg
1 Cup Raisins	1 Teaspoon Soda
1 Cup Dates	1 Cup Sour Cream

Mix in usual manner, and let stand 20 minutes before baking.

Agnes M. Longman

BREAD FRIED WITH MOLASSES

Bread that is slightly dry may be converted into an appetizing and wholesome food. Melt sufficient butter to nicely cover the bottom of an ordinary frying-pan to prevent burning. Have the bread cut in slices $\frac{1}{2}$ inch in thickness. Spread one side freely with "Domolco" Molasses and place in pan, molasses side down. Fry about two or three minutes, spread other side while in the pan, turn and fry for same length of time. Keep warm until served.

NUT BREAD

4 Cups Flour	1 Large Cup Chopped Walnuts
1 Cup White Sugar	2 Cups of Milk
1 Teaspoon Salt	1 Beaten Egg
3 Teaspoons Baking Powder	

Put in two loaf tins, let rise $\frac{1}{2}$ hour. Baking in moderate oven 1 hour.

Marie Bolin

BREAD, ROLLS, MUFFINS and BISCUITS

Continued

PANCAKES

- | | |
|-------------------------|------------------------------|
| 1 Dessertspoonful Sugar | 1 Cup Flour |
| 1 Dessertspoonful Syrup | 2 Teaspoonfuls Baking Powder |
| 1 Egg | |

Mix with milk to a batter not too thin and cook on a griddle not too hot - grease griddle only once.

Mrs Helen Foster.

WAFFLES

- | | |
|---------------------------|------------------------------|
| 2 Cups Sifted Flour | 1 Cup Milk |
| 2 Teaspoons Baking Powder | 4 Tablespoons Melted Butter |
| ½ Teaspoon Salt | 3 Egg Whites, stiffly beaten |
| 3 Egg Yolks, well beaten | |

Sift flour, measure, add baking powder and salt and sift again. Combine egg yolks, milk and butter. Add to flour and beat well. Fold in egg whites. Bake in hot waffle iron.

Mrs. W. Ferguson.

GRAPE NUT BREAD

SOAK

- | | |
|---------------------------------|---------------------------|
| 1 Cup Sugar | 3 Cups Flour |
| 1 Egg | 2 Teaspoons Baking Powder |
| 1 Teaspoon Soda in little Water | 1 Cup Nuts |
| 1 Cup Grape Nuts and | |
| 2 Cups Buttermilk | |

Bake in moderate oven.

Mrs. David Cooper.

TEA BISCUITS

- | | |
|--------------------------|----------------------------|
| 2 Cups Flour | 5 Teaspoons Baking Powder |
| 2 Teaspoons Sugar | 1 Teaspoon Salt |
| 3 Tablespoons Shortening | Milk to make a soft dough. |

Sift the flour, measure, sift again with the other dry ingredients. Cut the shortening in with a knife, pastry blender, or rub between the fingers. Stir in enough milk to make dough which may be handled. Turn on a floured board, knead, roll out to about ½ inch thick, cut with a floured cutter, and bake in a hot oven, 12 to 15 minutes.

Gertrude Dutton, B.Sc. (H.Ec.)

Dine At **THE EMBASSY**

BREAD, ROLLS, MUFFINS and BISCUITS

Continued

PECAN BUNS

2 Cups Flour	4 Teaspoons Baking Powder
2/3 Teaspoon Salt	4 Tablespoons Shortening
2/3 Cup Milk	3 Tablespoons Butter
1/2 Cup Brown Sugar	1/2 Cup Pecans

Sift dry ingredients; add shortening, mixing in with a fork. Add milk to make soft dough. Knead slightly and roll 1/4 inch thick. Spread with creamed butter and sprinkle with brown sugar. Roll as for jelly roll and cut in 1 inch slices, stand on end in well buttered pans which have been sprinkled with pecans. Bake in moderate oven 375° F. for half an hour.

Marjory Smith.

— ROLLS —

2 Cups Scalded Milk	1 Yeast Cake
3 Tablespoons Shortening	4 Tablespoons Lukewarm Water
2 Tablespoons Sugar	5 to 6 Cups Flour, sufficient to knead.
2 Teaspoons Salt	

Add the shortening, sugar and salt to the scalded milk, (or half milk, half water) and cool till lukewarm. Add the yeast cake, softened in the water, and about 3 cups of flour. Beat well, cover, and keep in a warm place till light. Cut down, and add enough flour to knead, (from 2 to 3 cups.) Let rise again till doubled in bulk. Toss on a floured board, knead, and form into the shapes desired.

Parker House Rolls—Roll out till about 1/3 inch thick. Cut with a biscuit cutter. Dip the handle of a knife in flour, and with it, make a crease through the centre of each piece. Brush one-half with melted butter, fold over and press the edges together. Put in a greased pan, cover, and let rise. Bake in a hot oven, 12 to 15 minutes.

Plain Rolls—Cut off bits of the dough, roll into balls, flatten them out slightly, place in a buttered pan, one inch apart, brush with melted butter, let rise, and bake in a hot oven 425° F.

Dinner Rolls—Form the dough into sticks, braids, twists, or other shapes. Let rise, and bake.

Gertrude Dutton, B.Sc. (H.Ec.)

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· : MEAT, FOWL and SEA FOODS : ·

SOUTHERN MEAT LOAF

- | | |
|--------------------------|---------------------------------------|
| 1 Lb. ground Round Steak | 1 Medium sized Onion finely chopped |
| 1 Can of Corn (No. 2) | 2 Tblsp. finely chopped green peppers |
| 1 Egg | 2 Tblsp. melted butter |
| 1 Teaspoon Salt | Rolled Cracker crumbs (3 or 4) |
| ¼ Teaspoon Pepper | |

Combine ground meat and the corn. Beat egg, add seasoning and combine with first mixture. Add the chopped onion and pepper, the melted butter and enough cracker crumbs to make a firm mass. Pack into a greased loaf pan and bake in a hot oven for about one hour. Serves 6 to 8 people.

CHICKEN A LA KING

Melt 2 tbsp. butter, add ½ green pepper finely chopped and 1 cup fresh mushroom caps, broken in pieces. Cook 4 minutes, then add 2 tbsp. flour, stir until well blended. Add 2 cups cream gradually, stirring constantly until boiling point is reached. Set saucepan over hot water, add 3 cups chicken cut in cubes, cover, let steam until heated through. Cream ¼ cup butter, add 3 egg yolks, 1 tsp. onion juice, 3 tsp. lemon juice and ½ tsp. paprika. Add to chicken mixture and stir until eggs are set.

TURKEY CREAM

- | | |
|-----------------------------|------------------------|
| 2 Tbsp. Butter | 1 Tsp. Salt |
| 2 Tbsp. Flour | 1 lb. Sauted Mushrooms |
| 1½ Cups Milk | ¼ Cup Breadcrumbs |
| 3 Egg Yolks (beaten) | 2 Tbsp. Butter |
| Cold Dressing (from turkey) | Cold sliced Turkey |

Rub butter and flour together, slowly add milk. Beat egg yolks, add milk mixture to them and salt. Put a layer of dressing in bottom of casserole with turkey on top. Pour cream mixture over this and cover with mushrooms to which have been added bread crumbs, salt and butter. Bake at 500° for 12 minutes.

SAUSAGE ROLLS

1 lb. sausage meat. Biscuit dough, make with 1 cup flour, 2 tsp. baking powder, ½ tsp. salt, 1 heaped tablespoonful of shortening or butter, mix with milk to form a soft dough, roll out to ¼ inch thick and cut in squares, divide sausage meat into equal portions and roll each one in the dough, prick with a fork and cook 30 to 40 min. in a moderate oven. If the oven is too hot the pastry will cook before the sausage. This quantity makes 6 medium sized ones or 10 dainty ones. To brush over with a beaten egg will improve the appearance.

J. Watson

MEATS, FOWL and SEA FOODS—Continued

CHICKEN A LA BLANQUETTE

1 chicken (broiler) cut in pieces (not off the bone but quartered) and fry in butter until well browned. Add salt and pepper and a little water and simmer until cooked. When finished add the beaten white of one egg to which has been added $\frac{1}{2}$ teaspoon dry mustard. Stir into the gravy quickly

Mrs. Emma

SALMON LOAF

1 Can Salmon	Salt and Pepper to taste
4 or 5 Soda Biscuits	1 Egg
$\frac{1}{2}$ Cup Sweet Milk	

Pick out bones and skin, then shred with fork. Roll biscuits and mix. Beat egg and add to milk. Mix all together and season with salt and pepper. Steam 30 minutes in a greased dish. Serve cold.

L. Young

SAVORY BOILED HAMBURGER

1 Pound Hamburg Steak	$\frac{1}{4}$ Onion, Chopped
1 Teaspoon Salt	1 Can Tomato Soup
$\frac{1}{2}$ Cup chopped Green Peppers	

Mix the hamburger with the salt. Spread in a shallow pan, about $\frac{3}{4}$ inch thick. Cover with chopped green pepper and onion. Pour the tomato soup over the meat. Broil for 8 or 10 minutes under the flame, or bake in a hot oven for 20 minutes.

Florence E. Rice

STUFFED PORK CHOPS

Have butcher cut 2 nice chops in one piece, as lean as possible, and make a slit on fat side to form a pocket for dressing. Buy the required number and make a dressing:-

2 Cups stale bread crumbs, season with salt and pepper	1 Tsp. Sage
4 Tbsp. Butter	2 Tsp. finely minced Onion
	Water to moisten

Put butter in frying pan, add crumbs, seasoning, and mix together, stirring until slightly brown, then moisten with the water. Salt and pepper chops and stuff each one (hold together with toothpick.) Roll in flour and fry a nice brown, then put enough milk in pan to reach chops. Cover skillet and bake in oven until done.

Lottie Walker Thompson

HAM LOAF

1 Lb. raw Ham	} mince together	$1\frac{1}{2}$ Cups Cracker crumbs
2 Lbs. raw Pork		1 Tin Campbell's Tomato Soup
1 Egg		Salt and Pepper
$\frac{1}{2}$ Cup Milk		Bake in loaf tin about 2 hrs.

Mrs. E. L. McLeod

MEATS, FOWL and SEA FOODS—*Continued*

SWISS STEAK

Select a slice of round steak $1\frac{1}{2}$ to 2 inches thick. Pound into the steak, on both sides, as much flour as it will take up. Place in frying pan, brown the meat on both sides in bacon fat. Add boiling water to partly cover and let simmer about 2 hours. Peel a small onion for each person to be served; parboil 5 minutes, drain, and slice in a layer over the top of the meat. The sauce around the meat should be thick and brown and well seasoned.

C. Finnen

CURRIED MEAT

1 Onion fried

1 Tsp. Curry

2 Cups Tomato Juice

Salt and Pepper

Minced meat

Let simmer for 20 minutes then add $\frac{1}{2}$ cup milk and juice of 1 lemon. Diced celery if desired.

Mrs. R. A. McLeod

STUFFED CASSEROLE BEEF

Select one whole slice of steak from the round at least one inch thick. Lay the meat on a board, sprinkle over it one cup of chopped suet and add a layer of plain dry stuffing made of bread crumbs seasoned with salt and pepper and a little onion if desired. Roll the meat tightly and tie with twine. Melt half a cup of suet or dripping in a heavy pot, flour the meat roll thoroughly and lay in the hot fat to brown, turning until all parts are nicely browned. Take the meat from the pot, lay in a casserole, add two cups of water or more if more gravy is desired, place on casserole cover, set in oven and bake from $2\frac{1}{2}$ to 3 hours. When done lift meat on to platter thicken gravy and pour over meat.

Inga Thomson

SAVOURY HAM ROLLS

Put Pork Sausages in pan and cover with cold water. Bring to boil. Wrap each sausage in a slice of ham, roll up and dip in beaten egg yolk. Have on a plate, flour, fine oatmeal, and grated cheese mixed and seasoned, dip rolls in mixture and press well with a knife. Tie up, put on baking sheet with some good dripping and cook about 15 minutes till golden brown. Basting often.

Marguerite Petrie.

HAM SOUTHERN STYLE

3 or 4 thick slices of raw ham. About 8 whole medium sized potatoes. Enough milk to cover the potatoes. Place meat in bottom of roaster with potatoes around and pour milk over. Put in piece of butter and some pepper and bake $1\frac{1}{2}$ hours.

Lou Emma.

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MEATS, FOWL and SEA FOODS—*Continued*

VEAL CHOPS IN SOUR CREAM

Dip veal chops in flour. Season with salt and pepper and brown in hot fat. When well browned on both sides, pour over one cup of sour cream and cover closely. Cook at simmering temperature until chops are tender; this will take about 45 minutes. When done remove to platter. Surround with slices of tomatoes that have been dotted with butter and cooked under the broiler. Thicken the gravy in the pan, adding more sour cream if needed to increase amount of gravy.

Inga Thomson

UNCOOKED MEAT SAUCE

One pound cranberries, 2 oranges, 2 cups sugar. Peel the oranges and remove white skin under peel. Put berries, pulp and peel of oranges through the chopper, add sugar to suit taste. Keep this in a jar in a cool place.

Lilian Porte

TURKEY BISCUITS

- | | |
|------------------------------|---------------------------------|
| 2 Eggs | 1 Teaspoon Worcestershire Sauce |
| 2 Tablespoons Flour | 1 Tablespoon Butter |
| 1 Can of Mushrooms | 2 Cups cold Turkey (diced) |
| 1 Teaspoon grated lemon rind | Salt, Pepper and dash of nutmeg |
| 1 Tablespoon chopped Parsley | |

Rub the yolks of the eggs smooth with butter; add flour, liquid from the can of mushrooms, sauce, lemon rind, salt, pepper and nutmeg. Cook 5 minutes on medium fire. Add turkey. Slice mushrooms and add to mixture. Cook over double boiler for 10 or 15 minutes. Just before serving add parsley and beaten egg whites. Serve with hot biscuits.

Marjorie Smith

MEAT LOAF

- | | |
|-----------------------------------|----------------------------|
| 2 Pounds Round Steak - mince fine | 12 or 16 Soda Biscuits |
| 5 or 6 Pork Chops - mince fine | Salt and Pepper and 1 tea- |
| 2 Eggs | spoon poultry dressing |
| 2 Cups Milk | 1 Small Onion |
- Bake 1 hour and a half.

B. Emma

SALMON RICE LOAF

- | | |
|--------------------------|----------------------------|
| ½ Envelope Knox Gelatine | 1 Teaspoon Salt |
| ¼ Cup cold water | 1 Cup Cooked Rice |
| ¾ Cup Milk | 1 Tablespoon melted butter |
| 1 Can Salmon | |

Soak gelatine in cold water and dissolve in hot milk. Add salt, rice and butter. Mould and serve on lettuce.

Marguerite Petrie

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· : MEAT and VEGETABLE SAUCES : ·

TOMATO SAUCE

MEXICAN EGGS

- | | |
|--------------------------|-----------------------------|
| ½ Cup sliced Onion | 1 Tsp. dry Mustard |
| ¼ Cup Fat | 1/3 Tsp Salt |
| 3 Tbsp. Flour | 2 Tsp. Worcestershire Sauce |
| 2 Cups Tomatoes (canned) | |

Simmer onions in fat 5 minutes, add flour, blend thoroughly then stir in remainder of ingredients. Blend together and cook until thick. Keep in refrigerator in covered dish until needed. When ready to use, add 6 to 12 eggs slightly beaten and cook in top of double boiler to consistency of scrambled eggs. Usually allow 1 egg per person but more eggs may be added successfully. Serve on toast points. May be used with spaghetti, etc.

TARTARE SAUCE

- | | |
|------------------------|-----------------------|
| ½ Pint Mayonnaise | 1 Tbsp. Pickles |
| 1 Tsp. chopped Parsley | ½ Tsp. chopped Onions |
| 1 Tsp. chopped Capers | |

Mix all well together - use with fish.

ITALIAN MEAT SAUCE

- | | |
|----------------------|-----------------------------|
| 1 Med. size Onion | Sprig of parsley |
| ½ Lb. fresh Tomatoes | 3 Tablespoons Oil (or Lard) |
| Few mint leaves | Salt and pepper to taste |

Slice onion and brown in pan with a little oil, add tomatoes and brown. Add remaining ingredients, and cook for half an hour. Then strain and serve poured over meat.

The above sauce may be served with any fried meat, particularly veal, lamb or pork chops, or pork tenderloin, which should be dipped in beaten egg and rolled in breadcrumbs before frying.

Jean Cooper

EGG SAUCE

- | | |
|--------------------------|----------------------------|
| 2 Tablespoons Shortening | 1 Cup Milk |
| 2 Tablespoons Flour | 2 Chopped hard cooked Eggs |

Blend shortening with flour and stir in milk. Cook slowly until thick. Stir to keep smooth. Before serving add two chopped hard cooked eggs and seasoning to taste. For shrimp sauce add a half to a whole cup of cleaned, cooked shrimp.

. : VEGETABLE DISHES : .

BAKED POTATO DICE

Pare and cut six large potatoes into dice or strips, half inch thick, and leave in cold water half hour. Wipe and turn over and over in melted butter until each piece is coated. Pour what remains of the butter into a bake dish, lay the potatoes in irregularly that the heat may reach all, sprinkle them with salt, pepper and a few drops of lemon and the same of onion juice. Cover the dish and bake covered for 45 minutes. Serve dry on hot dish.

Florence E. Rice

BAKED ONIONS

Fill a greased pan with sliced onions, sprinkling each layer with salt and pepper and bits of butter. Bake in moderate oven for 1 hr. or until a light brown.

Marguerite Petrie

HEALTH CABBAGE

Here is a tasty, ODOURLESS, quick, healthful way to prepare cabbage for dinner.

Shred a green cabbage as you would for a salad. Put in saucepan, and nearly cover with milk. Bring this to the boil and let boil for two minutes. Meantime, melt sufficient butter, and add flour to it to make a white sauce. When milk and cabbage is boiling add melted butter and flour, and leave on stove until thick. Remove and serve.

SAVORY CREAMED CABBAGE

Pick over, wash and shred cabbage. Cook in boiling salted water about $\frac{1}{2}$ hour. Drain well, melt 2 tbsp. butter, add 2 finely chopped green peppers, (freed from seed) and two tablespoons finely chopped onion and stir constantly until vegetables are yellow and soft. Add one tbsp. flour, mix well and then gradually add $1\frac{1}{2}$ cups milk. Stir constantly until boiling point is reached. Add one teaspoon salt and a dash of pepper, add 2 cups of drained cooked cabbage. Reheat and sprinkle with buttered bread crumbs before serving.

E. M. Fisher

POTATO PUFFS

2 Eggs beaten

$\frac{1}{2}$ Cup Milk

1 Teaspoon Salt

1 Cup grated Cheese

2 Cups mashed Potatoes

Add milk to potatoes and beat until thoroughly mixed. Add the beaten eggs and salt, gradually adding the grated cheese. Bake on greased tin or ramekins in slow oven.

Grace M. Fisher

VEGETABLE DISHES—*Continued*

SUCCOTASH

- | | |
|--------------------------------------|---------------------------|
| 1 Tin Corn | Pepper and Salt to season |
| 1 Cup Lima Beans (soaked over night) | Add milk or cream to thin |
| 1 Tablespoon Butter | |

To the cooked Lima Beans add 1 tin corn, butter, salt and pepper, milk or cream to thin. Simmer for one half hour in double boiler.

Mrs. Ethel Clubb

BAKED POTATOES WITH CHEESE

- | | |
|---------------------------------|--------------------------------|
| $\frac{1}{4}$ lb. Grated Cheese | $\frac{1}{2}$ Teaspoon Salt |
| $\frac{1}{3}$ Cup Hot Milk | $\frac{1}{8}$ Teaspoon Paprika |
| 6 Large Potatoes, (Baked) | |

Cut baked potatoes in half and scoop out centres. Mash. Add cheese to hot milk and beat until smooth. Mix with potato, add seasoning and beat until light and creamy. Refill potato shells and bake in hot oven 10 minutes.

BAKED CARROTS AND BEANS

- | | |
|------------------------------|----------------------|
| 1 Cup diced Carrots | 3 Tablespoons Butter |
| 1 Tablespoon Flour | 1 Cup Water |
| 1 Cup diced flat Green Beans | Salt and Pepper |

Put vegetables and water in baking dish, cover and bake in moderate oven for 1 hour. Mix in other ingredients and put back in oven for about 15 minutes.

Marguerite Petrie

NORFOLK CAULIFLOWER

Cook cauliflower for 10 minutes and chop. There should be 1 cup of flowerets. Make white sauce of butter, flour and milk and stir in 3 beaten egg yolks, cool slightly and add cauliflower, fold in stiffly beaten whites of eggs. Put in buttered baking dish and bake 25 minutes in moderate oven. Serve at once.

Marguerite Petrie.

BAKED CARROTS

Wash and scrape half a dozen carrots, cut in four lengthwise, and place in a well buttered baking dish. Sprinkle with one tablespoon minced parsley and two tablespoons minced onion; season with salt, pepper and a little sugar and dot with small bits of butter. Cover dish and bake in moderate oven for one hour. During the last 15 minutes remove cover and increase heat to brown carrots slightly. Carrots cooked in this way have a very good flavor.



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VEGETABLE DISHES—*Continued*

HOME CANNED BEANS

To 9 cups cut up beans add 1 cup sugar and $\frac{3}{4}$ cup salt. Dissolve salt and sugar in one pint boiling water and pour over beans, let boil for 5 minutes and seal in jars (if not enough liquid fill with boiling water). These shrivel up when done, but come back to normal when cold. When ready to use a jar of these beans, pour off liquid and soak them in fresh water before heating them for meal.

DRESSED VEGETABLE MARROW

Scoop out marrow.

Make a dressing of:-

- 1 Cup chopped Ham
- 1 Cup Bread Crumbs

3 Ripe Tomatoes, cut up

Pepper and salt to taste

Fill marrow and bake in double roaster for a full hour, put a little water in dripping pan.

STUFFED TOMATOES

6 Tomatoes

2 Tablespoons Butter

$\frac{1}{2}$ Cup Bread Crumbs

1 Cup cold Cooked Meat

1 Egg

Salt and Pepper

Cut a thin slice from stem end of tomatoes, remove seeds and small amount of pulp. Mix chopped meat, melted butter, salt and pepper and add slightly beaten egg. Mix well and fill tomatoes. Sprinkle top with bread crumbs. Bake in a fairly hot oven until tomatoes are tender.

BAKED SQUASH

1 Small Squash

2 Tablespoons Chopped Onion

3 Tablespoons Shortening

2 Tablespoons Chopped Green

Pepper

1 Teaspoon Salt

$\frac{1}{8}$ Teaspoon Pepper

$\frac{1}{8}$ Teaspoon Paprika

$\frac{1}{4}$ Cup Fine Bread Crumbs

Wash and pare squash, cut in pieces and cook in boiling, salted water to cover, until tender. Drain well and mash. Cook onion and green pepper slowly in shortening for 5 minutes and add to squash with salt, pepper and paprika. Mix well and turn into greased baking dish. Sprinkle with bread crumbs, salt and pepper and bake in hot oven of 400 degrees 20 to 30 minutes. Angela Lane.

STUFFED GREEN PEPPERS

Cut tops from 6 green peppers and remove seeds and tongue. Cut thin slices from the bottom so that they will stand. Boil peppers for 15 minutes. Cool and fill with mixture made of the following:

1 Cup of Cold Ham, Minced

1 Cup of Chopped Walnuts

$\frac{1}{4}$ Teaspoon Salt

$\frac{1}{8}$ Teaspoon Pepper

1 Small Grated Onion

1 Small Cucumber, chopped finely

Sprinkle rolled soda biscuit crumbs on top of stuffed peppers and bake 30 minutes in moderate oven of 375 degrees. Angela Lane.

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. : SALADS and DRESSINGS : .

RAW VEGETABLE RELISH SALAD

- | | |
|---------------------------------|---------------------------|
| ¼ Cup Green Pepper chopped fine | 1 Cup diced Celery |
| 1 Cup grated Carrot | French or boiled dressing |

Mix carrot, celery, and green pepper; chill thoroughly; then mix with salad dressing. Serve on crisp lettuce leaves or on top of a mound of lettuce.

TUNA FISH SALAD

- | | |
|-------------------------|--------------|
| 1 Cup Tomato Juice | 2 Tsp. Salt |
| 1 Cup Water | 2 Tsp. Sugar |
| 5 Tbsps. Salad Dressing | |

Put in a double boiler and let simmer 2 or 3 minutes. Then add 1½ tbsp. gelatine which has been soaked in cold water for 5 mins. Stir until gelatine is thoroughly dissolved. Remove and chill; add the following:-

- | | |
|-------------------------------|-----------------------------------|
| ½ Cup flaked Tuna Fish | 1 Green Pepper, seeded and finely |
| 1 Cup finely shredded cabbage | chopped |
| 1 Cup Green Peas | ½ Cup chopped Celery |

Pour into individual moulds; chill and serve with lettuce and salad greens and a garnish of mayonnaise.

Agnes M. Longman

TOMATO JELLY SALAD

- | | |
|---------------------------|-----------------------------------|
| 1 Tablesp. Onion Juice | ½ Teasp. Salt |
| 2 Cups Canned Tomatoes | Stalk Celery |
| ¼ Cup cold Water | Few grains Pepper |
| 1 Level tablesp. Gelatine | 1 Tablesp. Vinegar or Lemon Juice |

Soak gelatine in cold water about 5 mins. Mix remaining ingredients except onion juice and vinegar and let boil 10 mins. Add soaked gelatine and stir until dissolved then add vinegar and onion juice. Strain. Turn into wet moulds and chill. Remove from moulds and put into bed of crisp lettuce and garnish with mayonnaise. The jelly may be used to garnish salad or cold meats. For variations 1 cup chopped celery and 1 cup chopped nuts may be added to jelly when it begins to stiffen.

Llan McNaughton

CABBAGE AND PINEAPPLE SALAD

- | | |
|-------------------------|-------------------------|
| 1 Cup crushed Pineapple | 3 Cups shredded Cabbage |
|-------------------------|-------------------------|

Salad dressing made with lemon juice instead of vinegar. Garnish with strips of pimento.

Mrs. H. Jensen.

SALADS and DRESSINGS—*Continued*

FRUIT SALAD

- 18 Marshmallows cut into pieces. 1 Large can White Cherries drained,
1 Large can Pineapple drained pitted and cut in halves.
and cut in cubes.

Dressing

4 egg yolks beaten. Add juice of 1 lemon and $\frac{1}{4}$ cup cream. Cook in double boiler until thick. Let cool and add $\frac{1}{2}$ pint cream, whipped. Mix with fruit and marshmallows.

Always make this salad the night before using. Keep in ice box. Before serving bananas or other fresh fruit may be added if desired. Serves 12.

Olive Ritchie

POTATO SALAD DRESSING

- | | |
|-----------------------------|--------------------------------|
| 2 Eggs | $\frac{1}{2}$ Teaspoon Mustard |
| 2 Tablespoons Sugar (white) | Salt and Pepper |
| 2 Tablespoons Vinegar | |

Boil in double boiler until thick. Dilute with cream when using.

B. Emma

SALAD

- 1 Pint boiling water
1 Lemon Jelly Powder

When almost set, beat until white. $\frac{1}{2}$ Cup Pimento Olives, sliced
Add 1 cup whipping cream 1 Cup Blanched Almonds, shredded
(whipped) 1 Cup grated cheese

Put in individual moulds. Serves 12

Reita Ovas

HONEY CREAM DRESSING

To prepare the honey cream dressing to serve with a fruit salad beat the yolks of 2 eggs until lemon colored and add four tablespoons of hot honey. Set this over hot water for a couple of minutes. Beat it steadily, remove from fire and add one-fourth cup of olive oil or melted butter, salt and paprika to taste and two teaspoons of lemon juice. Cool, and fold in half a cup of whipped cream.

L. F. Atkinson

YUM YUM PINEAPPLE SALAD

Heat 2 cups Crushed Hawaiian Pineapple, add the juice of 1 lemon and a cup of sugar. Stir until sugar is dissolved. Soak 2 tablespoons of gelatine in $\frac{1}{2}$ cup cold water 10 minutes. Add to hot mixture. When cool and beginning to set, add 1 cup grated cheese and $\frac{1}{2}$ pint cream beaten stiff. Mix thoroughly put in moulds and leave in cold place until firm. Make a dressing by mixing 2 tablespoons each finely-chopped celery and green peppers, $\frac{1}{2}$ cup mayonnaise dressing and a few drops of onion juice. Remove salad from moulds, cut in slices and serve on lettuce leaves with dressing. For 10 to 12 servings.

Mrs. Chapman.

SALADS and DRESSINGS—*Continued*

SALAD DRESSING

½ Scant Cup Vinegar
1 Cup Cold Water

1 Tablespoonful Butter
¼ Cup Granulated Sugar

Let come to boil. Beat 3 eggs, 2 rounded teaspoons mustard and 2 of flour, 1 of salt. Pinch paprika. Cook till thick. Thin with cream. (Makes 1 Pint of dressing.)

M. M. McDonald

FRUIT SALAD

2 Apples
Grapes, (small green)
½ Cup Diced Pineapple

2 Bananas
¼ Cup Sugar
2 Eggs

Juice of one lemon. Heat lemon and pineapple juice, add to beaten eggs and sugar. Cook in double boiler until creamy. Cool and cut fruit into liquid.

Laura Lane.

FRUIT SALAD DRESSING

Juice of 2 Oranges
Juice of 2 Lemons

1 Cup of White Sugar
2 Eggs

Beat eggs; add sugar then juice of oranges and lemon. Cook all together in double boiler. When cold add ½ pint cream.

Florence Chislett.

CHERRY SALAD

2 Cups Canned Sweetened
Cherries
1 Cup Diced Bananas
¼ Cup Chopped Nuts

1 Cup Diced Marshmallows
½ Cup Mayonnaise
½ Cup Whipped Cream
Lettuce

Drain cherries well and mix with other ingredients except lettuce and chopped nuts. Heap on lettuce leaf and garnish with chopped nuts. Whip cream stiff. Add dressing a little at a time taking care not to use too much so that the salad will not be too moist.

Fannie Moran.

COMBINATION SALAD

1 Eclipse Lemon Jelly Powder
1¾ Cups Boiling Water
Dissolve Jelly Powder in boiling water, and when cold add:
2 Sliced Tomatoes

1 Cup cut Celery
1 Cup Sliced Cucumber
2 Green Onions, cut in small pieces
3 Radishes, sliced

Carefully stir all together with a fork and turn into mould.

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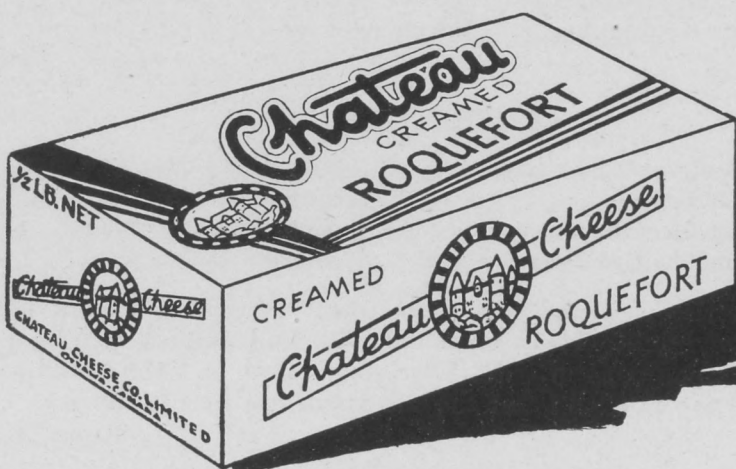
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PUDDINGS and DESSERTS

RAISIN PUFFS

2 Eggs	2 Cups Flour
½ Cup Butter	1 Cup Milk
3 Teaspoons Baking Powder	½ Package seeded Raisins chopped
2 Tablespoons Sugar	fine.

Mix thoroughly and steam half an hour in small buttered cups.

Mrs. Lys

TWO-IN-ONE-PUDDING

1 cup flour, pinch of salt and 1½ teaspoons baking powder sifted together. Rub in 1 tablespoon shortening, 1/3 cup light brown sugar. Add 1 cup chopped dates or 1 cup raisins. Add ½ cup milk and mix together. Grease pudding pan and put mixture in.

Make a sauce of:

1 Cup Brown Sugar	2 Teaspoons Vanilla or Lemon
1 Tablespoon Flour	extract
Pinch of Salt	1 Tablespoon melted Butter
	2 Cups Hot Water

Pour over the batter and bake 25 minutes. (Makes its own sauce).

Lottie Walker Thompson

LEMON SPONGE CUSTARD

2 Tablespoons Butter	1 Lemon Rind, grated
1 Cup Sugar	3 Tablespoons Lemon Juice
2 Tablespoons Flour	2 Egg Yolks
1 Cup Milk	2 Egg Whites

Cream butter and add the sugar gradually. Then add the flour, milk, lemon juice and rind, and the beaten egg yolks.

Beat mixture slightly and fold in egg whites beaten stiff. Turn into a buttered pudding dish, set in a pan of boiling water and bake for about thirty minutes.

Maisie Fleming

ROYAL NAVY PUDDING

¾ Pound Flour	1 Teaspoon Baking powder
¼ Pound Suet	1 Teaspoon Ground Ginger
2 Tablespoons Sugar	½ Teaspoon Salt
½ Pound "Domolco" Molasses	Not quite ½ Pint Milk

Add baking powder, salt and ginger to flour, chop suet finely, add it with the sugar, just melt the molasses and add with the milk, mix well together, then turn into greased basin, cover with a greased paper, and steam for about three hours. N.B.—An egg may be added if liked.

PUDDINGS and DESSERTS—Continued

BRANDY SAUCE

$\frac{1}{4}$ Cup Butter	$\frac{1}{2}$ Cup Milk or Cream
1 Cup gran. Sugar	2 Tablespoons Brandy
2 Eggs (well beaten)	Nutmeg

Cream butter and sugar, add remainder of ingredients and cook over hot water until it thickens like custard.

AMERICAN ICE

Melt 2 oz. gelatine in 2 breakfast cups milk, over stove. When almost boiling add 2 yolks of eggs beaten with 1 ounce sugar. Allow it to almost boil again; remove from stove and add the whites of eggs beaten with another ounce of sugar. Add teaspoon vanilla; let all cool. Turn into wetted mould; when set serve on a glass dish.

Mrs. James Grant.

CHOCOLATE SAUCE FOR ICE CREAM

$1\frac{1}{2}$ Cups Sugar	$\frac{1}{3}$ Cup hot Water
1 Tablespoon Butter	$\frac{3}{4}$ Cup Cream
1 Square of bitter chocolate (or)	1 Teaspoon Vanilla
3 Tablespoons Cocoa	Pinch of Salt

Melt chocolate in top of double boiler and add butter, sugar and salt. Heat till all the sugar is dissolved. Finish cooking directly over fire. Add hot water, then add cream slowly and cook for ten minutes. Remove from the fire and when partly cooled add vanilla and beat before serving. This can be kept in refrigerator and used as needed.

This sauce can also be used for mixing any chocolate milk drink. If cocoa is used, mix cocoa with sugar and butter before heating. Then add cream and let cook to a creamy consistency.

Vera Dougall

WHITE AND BLACK FLUFF

$1\frac{1}{2}$ Cups Prunes	$\frac{1}{2}$ Pint Whipping Cream
2 Bananas	$\frac{1}{2}$ Teaspoon Lemon Extract
12 Marshmallows	

Wash prunes, boil 10 minutes in enough water to cover, drain, cool and chill. Remove pits, then cut into small pieces. Slice bananas. Cut marshmallows into about 8 pieces each. Whip cream until stiff, add prunes, bananas, marshmallows, lemon extract and mix lightly. Serve in footed glasses. Color may be added by placing a sliced maraschino cherry on each serving.

Serves 6 to 8.

Mary MacKenzie.

PUDDINGS and DESSERTS—Continued

FOOD FOR THE GODS

- | | |
|------------------------------------|---|
| 1 Cup granulated Sugar | 1 Cup chopped Dates |
| 1 Cup chopped Walnuts | 1 Teaspoon Baking Powder |
| 2 Heaping tablespoons bread crumbs | 3 Eggs; add whites of eggs, well beaten |

Bake in a moderate oven half an hour. Serve with whipped cream.
Madeline Carroll

SPANISH CREAM

- | | |
|-------------|------------------------|
| 3 Cups Milk | 2 Tablespoons Gelatine |
| 3 Eggs | ¼ Teaspoon Salt |
| 1 Cup Sugar | 1 Teaspoon Vanilla |

Scald milk. Beat egg yolks well and add sugar. Pour into hot milk and stir. Soak gelatine in a little of the cold milk. When custard has cooled slightly add gelatine, salt and vanilla. Fold in stiffly beaten whites.

Marguerite Petrie.

TRIFLE

Place a layer of thin sponge cake in the bottom of a berry bowl and dot with pieces of red currant jelly. Add layers of sponge cake and jelly until the bowl is well filled. Small pieces of rich dark fruit cake and crumbled macaroons may be added to this mixture. Pour over half a cup of rum, sherry or brandy and allow to soak for a short time. Make a custard of two whole eggs and two cups of milk and pour over the cake mixture. Cover the top with whole macaroons and set away in refrigerator over night. Just before serving decorate the top with whipped cream and glace cherries.

Inga Thomson

MANHATTAN PUDDING

- | | |
|-----------------------|------------------------------|
| 1½ Cups Orange Juice | ¼ Cup Powdered Sugar |
| ¼ Cup Lemon Juice | ¼ Teaspoon Vanilla |
| Sugar | 2/3 Cup chopped Walnut meats |
| ½ Pint Whipping Cream | or powdered macaroons |

Mix fruit juices and sweeten to taste. Turn mixture into brick mould. Whip cream and add sugar, vanilla and nut meats. Pour over first mixture to overflow mould. Cover with buttered paper, fit on cover and freeze.

Mary MacKenzie

PINEAPPLE DELIGHT

Boil half cup rice in boiling water (salted) until tender. Then drain. Dissolve one tablespoon powdered gelatine in two cups boiling water or canned pineapple juice. Add three-quarters cup of sugar and the rice - cool slightly and add one cup chopped pineapple, pinch salt and 1 cup whipped cream. Set in individual cups - serve with whipped cream.

L. Emma

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GRAHAM CRACKER

CREAM PIE

1/2 cup shortening—part butter—
melted.

Mix, as for pie-crust; take one-half of mixture and pack in pie-pan.

CUSTARD FILLING

3 egg yolks

1/2 cupful sugar

3 cupfuls milk

3 tablespoonfuls corn starch

1 teaspoonful vanilla flavor

Cook together until this mixture coats the spoon. Pour into the pie-pan.

MERINGUE

Make a meringue of 3 egg-whites and 3 tablespoons granulated sugar. Spread on top of custard.

Sprinkle remaining cracker-crumb mixture over top of meringue. Bake in moderate oven (325°) until meringue is brown.

Christie's Biscuits

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PUDDINGS and DESSERTS—Continued

MOCHA CHOCOLATE MARLOW

- | | |
|----------------------|-----------------------|
| 15 Marshmallows | 1 Square of Chocolate |
| 1 Cup strong coffee | Few grains of Salt |
| 1/3 Cup chopped Nuts | 1 Cup Whipping Cream |

Melt chocolate in a double boiler with marshmallows, add coffee and salt and let cool. When slightly thickened add the whipped cream and nuts, pour into tray of refrigerator. Freeze from 6 to 8 hours.

Grace M. Fisher

TUTTI FRUTTI

- | | |
|--|--|
| 1 Quart boiled Custard, flavored
with vanilla | 1 Quart candied Fruits, assorted
and chopped. |
| | 1 Gill of Maraschino |

Freeze the custard and when it is beginning to set in the freezer, stir in fruit and maraschino and a pint of whipped cream. Put in mould.

H.E.B.

ENGLISH PLUM PUDDING

- | | |
|---------------------------------|---|
| 1 Pound Chopped Suet | 1/2 Teaspoon Cloves |
| 1 Pound Brown Sugar | 3 Grated Nutmegs |
| 1 Pound Sifted Flour | 2 Tablespoons Baking Powder |
| 1/2 Pound Chopped Citron | 8 Eggs |
| 1/2 Pound Fine Bread Crumbs | Juice of 3 Lemons |
| 3/4 Large Cupful Molasses | 1 Cupful of Brandy or 1 wine-
glass of rosewater may be
used in place of the brandy,
or it may be entirely omitted |
| 2 Pounds Currants | |
| 2 Pounds Stoned Chopped Raisins | |
| 1 Tablespoon Salt | |
| 1 Teaspoon Cinnamon | |

Mix the flour, sugar and spices and molasses, then add the well-beaten eggs, next the suet and juice of lemons, then the fruit; mix well; next add the 2 tablespoons of baking powder and the brandy, the mixture to be quite stiff. If there is not sufficient moisture, use a little rich, sweet milk to thin it. Then put in a well-greased mould or a large tin pail, keep covered tightly and steam 10 hours. As the water evaporates, add more.

Mrs. J. J. Lane.

DATE PUDDING

- | | |
|------------------------------|----------------------------|
| 1 Cup of Flour | 1/2 Cup of Milk |
| 1 Cup of Sugar | 1 Cup of Dates cut in half |
| 2 Teaspoons of Baking Powder | |

Make into batter and put in buttered baking dish.

- | | |
|-----------------------------|------------------------|
| 1 Cup of Brown Sugar | 1 Tablespoon of Butter |
| 1 1/2 Cups of Boiling Water | |

Pour over batter and put in oven. Cook for 1/2 hour.

Mrs. T. J. O'Donnell

The Y. M. C. A.

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PUDDINGS and DESSERTS—*Continued*

CASTLE PUDDING

- | | |
|------------------------------|--------------------------|
| 3 Eggs | 1 Cup Flour |
| $\frac{1}{4}$ lb. Butter | 1 Teaspoon Baking Powder |
| $\frac{1}{4}$ lb. Fine Sugar | |

Cream the butter, add sugar gradually. Sift flour and baking powder, and add alternately with the well beaten eggs. Bake about $\frac{1}{2}$ hour in moderate oven (375 degrees) in small buttered cups.

Inga Thomson.

CHOCOLATE SYRUP

- | | |
|-----------------------------|--------------------------|
| $\frac{1}{2}$ Cup Cocoa | 2 Tablespoons Corn Syrup |
| 1 Cup Cold Water | 2 Teaspoons Vanilla |
| $\frac{1}{8}$ Teaspoon Salt | |

Cook the cocoa and water over direct heat until smooth, stirring constantly. Add sugar, salt and corn syrup and stir until dissolved. Boil 3 minutes. Flavor with vanilla. Pour into glass jar. Cool. Keep tightly sealed in refrigerator. Use to flavor drinks or as a sauce for ice cream.

A. Christopher.

MINCE MEAT

- | | |
|---------------------------------|---|
| 4 Pounds of Apples | $\frac{1}{4}$ Teaspoon Mace, All-Spice, |
| 1 Pound of Suet chopped fine | Cloves |
| 2 Pounds of Seedless Raisins | 4 Teaspoons of Salt |
| 1 Pound of Sultana Raisins | 1 Pint of Apple Cider (or to suit |
| (not bleached) | taste.) |
| $\frac{1}{2}$ pound of Currants | 2 Tablespoons of Molasses |
| 2 Pounds of Brown Sugar | Rind and juice of two Lemons |

Almonds, or other nuts may be added if desired. We use half a pound of blanched almonds.

Mix well and let stand in a cool place.

Mrs. J. J. Lane

PUDDING SAUCE

- | | |
|----------------------------------|--------------------|
| 1 Cup Bee Hive Golden Corn Syrup | 1 Egg |
| 3 Tablespoons St. Lawrence or | 1 Teaspoon Vanilla |
| Durham Corn Starch | 1 Teaspoon Butter |
| 1 Cup Boiling Water | |

Mix Corn Syrup and Corn Starch in double boiler, add boiling water - - stir constantly. Add small amount of hot liquid to well beaten eggs and return to double boiler to finish cooking. Add butter and flavoring. Serve hot or store and reheat as needed.

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PUDDINGS and DESSERTS—*Continued*

NEAPOLITAN MOULD

2½ tablespoons St. Lawrence or	½ Cup Sugar
Durham Corn Starch	¼ Cup Bee Hive Golden Corn
1 1/3 Cups Milk	Syrup
2 tablespoons Cocoa	1 Teaspoon Vanilla

Dissolve Corn Starch in cold milk. Add to remainder of milk which has been brought to boiling point. Divide mixture in three parts. Add cocoa and corn syrup to first part, continue cooking. Add sugar and flavoring to remaining dishes and cook. Cool, add pink coloring to one and leave last one white. Chill, pile in square mould in order made. An attractive dessert served in slices with cream.

PINEAPPLE UPSIDE-DOWN CAKE

¼ Cup St. Lawrence Maize Oil	½ Cup St. Lawrence Potato Flour
½ Cup Bee Hive Golden Corn	½ Teaspoon Salt
Syrup	2 Teaspoons Baking Powder
¼ Cup Sugar	½ Teaspoon Ginger (ground)
1 Egg	½ Cup Pineapple Juice
1 Cup Flour	

Mix Maize Oil, Corn Syrup and sugar. Then beat in the egg until light. Mix sifted dry ingredients and add a little at a time alternately with fruit juice, beating sufficiently to thoroughly mix after each is added. Finally beat for 1 minute.

Caramel (for Upside-Down Cake):

¼ Cup St. Lawrence Maize Oil	1 Cup Diced Pineapple
¾ Cup Brown Sugar	(all juice drained off.)
Dash of Salt	

Use iron frying pan - first put in Maize Oil, add brown sugar and salt. Stir over fire until sugar is melted. Remove from fire and fill bottom of pan with pineapple. Pour in batter and bake in moderate oven (350°F.) for 35 minutes. While still hot, turn out of pan upside down onto plate. The fruit will now, of course, be on top. Serve fresh with whipped cream.

BUTTERSCOTCH SAUCE

1½ Cups Bee Hive Golden Corn	1 Teaspoon Vanilla
Syrup	1 Cup Cream
¼ Cup Butter	

Mix first two ingredients, bring to boiling point, boil 8 minutes. Add cream, bring to boiling point again and remove from fire. Store in refrigerator. Delicious with Corn Starch pudding, rice, ice cream.

· : PIES and PASTRIES : ·

PATTY SHELLS

4 Cups (1 pound) sifted flour ½ Cup Ice Cold Water
1 Level Teaspoon Salt 2 Cups (1 pound) Butter

Keep all ingredients and utensils ice cold.

Sift flour, add salt, cut into this mixture ½ cup (4 ounces) butter, add just enough water to make the paste hold together. Knead lightly and quickly. When smooth roll out about 16 inches square with a thickness of about ¼ inch. Place remainder of butter - previously divided into 7 or 8 pieces each about ½ inch thick - on centre of lower half of paste. Fold upper half of paste over butter, press edges firmly together, roll out lightly into rectangular shape about ½ inch thick. Fold right side over, left side under. Roll again, repeating the folding and rolling process seven times altogether. Put paste in wax paper. Keep in a cold place overnight at a temperature of not more than 45°F.

To Make Patty Shells for Chicken, Etc.

Roll paste about ¼ inch thick. Cut enough circles to allow one for each shell. Cut a similar number using a doughnut cutter of the same size. Place circle without centre evenly on each complete circle, press lightly to make them stick together. Bake in hot oven 425°F about 25 minutes. Turn top off. Bottom on low as soon as pastry is put in oven.

To Make Smaller Patty Shells

Use a cutter about 2 inches in diameter. Roll paste 1/12 inch thick. Temperature 425°F. Time about 10 minutes.

Mrs. J. Norris.

SAND TARTS

½ Cup of Shortening 4 Teaspoons Baking Powder
1 Cup Sugar 2 Cupfuls Flour
3 Eggs ¼ Cup Pecans
3 Tablespoons Milk 2 Teaspoons Cinnamon

Cream the shortening and sugar, add the eggs and milk. Sift two cupfuls of flour and the baking powder. Roll out very thin, dust with the sugar, cinnamon and nuts. Bake fifteen to eighteen minutes.

Florence E. Rice

PINEAPPLE PIE

Put half a pineapple through the meat chopper (or use canned pineapple.) Beat the yolks of two eggs stiff, stir into them a cup of sweet milk, a tablespoon melted butter and a cup of sugar. Last of all add the pineapple cut very fine and bake immediately in an open crust. Make a meringue and cover pie, returning to the oven long enough to brown.

Florence E. Rice

PIES and PASTRIES—*Continued*

BUTTER TARTS

Cream together 1 tablespoon of butter and 1 cup brown sugar. Add 2 beaten eggs, 1 large cup currants or raisins, and 2 teaspoons vanilla.

Line patty tins with rich pie crust and drop in enough of above mixture to fill them.

Bake about ten minutes in a moderate oven.

P. E. Grant.

APPLE TARTS

½ Pound Butter
1 Cup Brown Sugar
3½ Cups Flour

Filling:
Stew 5 large apples with ¾ cup of
Sugar and 3 Tablespoons water.

Mix butter, sugar and flour together very well, as if for shortbread, then take a piece the size of a walnut and mould into small drop cake tins, fill with apple sauce and cover with small circle of dough. Bake in a fairly hot oven until a golden brown. Let stand in pans for 15 minutes then turn out and allow to cool.

C. Davis

CARAMEL PIE

1 Cup Sweet Milk
1 Cup Brown Sugar
2 Yolks of Eggs

3 Level Tablespoons Flour
1 Teaspoon Vanilla
Small piece of Butter

Heat the milk and sugar together. Mix the flour with enough cold water to make a smooth paste, and add to the beaten egg yolks. Add to the milk. When thick, remove from fire and add butter and vanilla. When cool, pour into baked shell. Beat egg whites very stiff, add 2 tablespoons sugar and spread on top. Brown in oven.

Elaine Andrews.

LEMON SPONGE PIE

1 Cup Sugar
¼ Cup Flour
1 Tablespoon Melted Butter
Pinch of Salt

Yolks of 2 Eggs
Juice and Rind of 2 Lemons
1 Cup Milk
Whites of 2 Eggs

Mix sugar, flour, butter, salt and egg yolk together and beat them to a cream. Add the lemon and then the milk. Fold in the stiffly beaten egg whites. Bake in one crust. Line pan with uncooked paste. When finished the top will resemble a cake..

Elsie Brame.

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PIES and PASTRIES—Continued

BUTTERSCOTCH PIE

- | | |
|----------------------|--------------------|
| 1 Cup Brown Sugar | 1½ Cups Milk |
| 2 Tablespoons Butter | 1 Egg |
| 2 Tablespoons Flour | ½ Teaspoon Vanilla |

Melt sugar and stir in butter. Beat yolk of egg well and beat in flour and milk, continue beating for 3 minutes. Add to sugar and butter mixture and cook in double boiler until thick. Beat egg white until stiff and dry and fold into first mixture. Turn into pie dish lined with pastry and bake in moderate oven until firm to the touch. Let cool and serve with whipped cream.

Lou Emma.

DATE PIE

- | | |
|-----------------------|---------------------------------|
| 1 Cup Chopped Walnuts | 1 Teaspoon Baking Powder |
| 1 Cup Chopped Dates | 3 Eggs. Beat whites separately. |
| 1 Cup Brown Sugar | Vanilla. |
| 1 Tablespoon Flour | |

Mix all ingredients well, adding the egg whites last. Bake 30 minutes in slow oven. Use greased pie tin. Serve with whipped cream.

B. Emma.

PUMPKIN PIE

- | | |
|-----------------------------------|--------------------------------|
| 1 Tin Pumpkin | Pinch of Salt |
| 3 Eggs | 3 or 4 tablespoons Brown Sugar |
| 1 Cup Milk | (taste for sweetness.) |
| 1 Tablespoon Flour - stir in milk | Flavor with Nutmeg to suit |
| so as not to be lumpy. | taste. |
| 1 Tablespoon melted Butter | |

To make above do for 2 pies add 1 cup milk and a little more flour.

Mrs. Chesney.

LEMON MERINGUE PIE

- | | |
|--------------------------|---------------------|
| 1 Cup Sugar | 3 Tablespoons Flour |
| 3 Tablespoons Cornstarch | ½ Teaspoon Salt |
| 1½ Cups boiling Water | |

Sift dry ingredients, add water and cook in double boiler about 20 minutes. Add:

- | | |
|--------------------------|------------------------------|
| ½ Cup Lemon Juice | 3 Egg Yolks, beaten slightly |
| Grated Rind of one Lemon | |

Cook five minutes longer. Cool and turn into a baked pie shell. Cover with meringue made of:

3 egg whites beaten until stiff. Add ¼ cup sugar and bake at 350F. for 15 minutes.

Laura Lane.

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PIES and PASTRIES—Continued

LEMON CRUMBLE

1st PART:

1 Cup White Sugar

3 Beaten Eggs

Juice and Grated Rind 2 Lemons

Mix sugar, juice and grated rind. Add beaten eggs, cook slightly until thick. Set aside to cool.

2nd PART:

1 Cup Flour

1 Teaspoon Baking Powder

1 Cup Fine Fruit Sugar

$\frac{1}{2}$ Cup Cocoanut

10 Large Sodas, rolled fine

$\frac{1}{2}$ Cup Butter

Cream butter and sugar. Add flour sifted with baking powder. Then add soda biscuit crumbs and cocoanut.

Put half of second mixture into a greased pan. Spread with the first mixture. Then cover with remaining half of second mixture.

Cook about 45 minutes in a slow oven.

I. McGillivray.

PAULIN'S PEERLESS SODA BISCUIT ORANGE PIE

CRUST:

2 Cups Paulin's Peerless Soda $\frac{1}{2}$ Cup Melted Butter or

Biscuit crumbs, rolled fine. Shortening

$\frac{1}{2}$ Cup Sugar

Mix and take out one cup for top of pie. Pat the remainder of crumbs in pie plate.

FILLING

1 Large Cup Boiling Water

1 Tablespoon Butter

1 Cup Sugar

3 Egg Yolks

Bring to a boil and add:

2 Oranges (rind of one, juice of two)

2 Tablespoons Corn Starch blended

with a little cold water

1 Lemon (juice only)

Cook until thick. Pour in crust, now beat egg whites stiff, spread on filling; sprinkle remainder of crumbs on top, bake in oven at 250° for 20 minutes.

APPLE CRUMB

Into a buttered baking dish slice peeled tart apples. Sugar them and if desired add a little cinnamon. Take $\frac{1}{2}$ cup of butter, 1 cup brown sugar, 1 cup flour. Mix these ingredients well until crumbled as fine as sugar. Pour over apples. Bake in hot oven ten minutes, then continue baking slowly for 20 minutes. Keep dish covered first ten minutes to prevent a crust from forming. Serve with the following sauce:

Melt 1 tablespoon butter, stir in 1 tablespoon flour, add 1 cup boiling water and $\frac{1}{2}$ cup sugar, stirring all the time. Add 1 teaspoon almond flavoring.

· : CAKES and ICINGS : ·

CHERRY CAKE

Cream $\frac{1}{4}$ pound of butter with 1 cup of sugar. Add yolks of 3 eggs, then the stiffly beaten whites. Stir in $\frac{1}{2}$ pound flour with two teaspoons of baking powder. Add 2 oz. blanched almonds and $\frac{1}{4}$ pound of cherries - or a few more if desired. Beat well. Bake about $1\frac{1}{2}$ hours in medium oven.

Adelaide Linklater

DATE AND NUT LOAF

1 Cup Dates (chopped)	1 Cup Brown Sugar
$\frac{1}{2}$ Cup chopped Walnuts	1 Egg
1 Teaspoon Baking Soda	$\frac{1}{4}$ Cups Flour
$\frac{1}{2}$ Cup Butter	

Put chopped dates and walnuts in a basin and pour half cup boiling water (in which the teaspoon of soda has been dissolved) over it. Slightly cool and add to cake mixture.

K. E. Burgess

GUM DROP CAKE

$\frac{1}{2}$ Cup Butter	$\frac{2}{3}$ Cup Milk
$\frac{3}{4}$ Cup fruit Sugar	$\frac{1}{2}$ Teaspoon Vanilla Essence
2 Egg Yolks	Rind and Juice of 1 Lemon
$2\frac{1}{4}$ Cups pastry Flour	2 Egg Whites
$2\frac{1}{2}$ Teaspoons Baking Powder	$\frac{1}{2}$ Cup Gumdrops, (shredded)

Cream butter well, add sugar gradually. Add lightly beaten egg yolks. Sift flour, measure it. Mix and sift dry ingredients twice; add to butter mixture alternately with milk, a little of each at a time; add vanilla and lemon; add shredded gumdrops which have been dredged with a little flour. Fold in stiffly beaten egg whites. Pour into greased cake tin and bake in moderate oven (350) 45 minutes. Garnish icing with whole gum drops.

Lillian Douglas

ORANGE CAKE

$\frac{1}{4}$ Cup Butter creamed	Whites of 2 Eggs, beaten
1 Orange pulp - cut in very small	$1\frac{3}{4}$ Cups Flour
1 Cup white Sugar	1 Small Teaspoon Soda
pieces. Put in cup and fill balance	2 Teaspoons Cream of Tartar.
with cold water.	

Cream sugar and butter, add orange pulp, eggs beaten, flour, soda and cream of tartar. Bake about 20 minutes. Use rind of orange for butter icing.

Mrs. Chesney

CAKES—Continued

WINDBLOWN CAKE

3 egg whites, beaten till stiff but not dry.

3 egg yolks, broken - add $\frac{2}{3}$ cup cold water and beat until 5 times original amount.

1 $\frac{1}{4}$ Cups fine sifted Sugar - add	1 Teaspoon Baking Powder
to above and beat	$\frac{1}{4}$ Teaspoon Salt
1 $\frac{1}{2}$ Cups sifted Swansdown Flour	

Beat into yolk and water mixture, fold in egg whites and add 1 tsp. vanilla. Bake 50 minutes in slow oven. (Bake in angel cake pan).

P. E. Grant

DEVIL'S FOOD

2 Cups sifted Swansdown Cake flour	2 Egg Yolks well beaten
2 Teaspoons Baking Powder	3 Squares Unsweetened Chocolate (melted)
$\frac{1}{2}$ Teaspoon Soda	1 $\frac{1}{4}$ Cups Milk
$\frac{1}{2}$ Cup Butter or other Shortening	1 Teaspoon Vanilla
1 Cup Sugar	2 Egg Whites, stiffly beaten

Sift flour once, measure, add baking powder and soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then chocolate. Blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9 inch layer pans in moderate oven (350F) 30 minutes.

L. Young

PRIZE XMAS CAKE

1 Cup of Butter	$\frac{1}{4}$ Pound of mixed Peel
1 $\frac{1}{2}$ Cups of Brown Sugar	$\frac{1}{4}$ Pound of Citron
$\frac{3}{4}$ Cup of Sweet Milk	1 $\frac{1}{2}$ Cups of Cherries glazed
4 Eggs, yolks and whites beaten separately	3 Cups of Flour
1 Pound of Sultana Raisins	1 Teaspoon Baking Soda
1 Cup of fine Cocoanut or	$\frac{1}{2}$ Teaspoon of Salt
$\frac{1}{4}$ Pound of almonds	1 Teaspoon of Vanilla

Bake 1 $\frac{1}{2}$ hours in oven 350 degrees.

Mrs. C. Moore

CORN MEAL OR "JOHNNY" CAKE

1 Egg	2 Cups Corn Meal
1 Cup White Sugar	1 Cup Sour Cream
1 Teaspoon Baking Soda	1 Teaspoon Salt
1 Cup White Flour (pastry)	

Bake in quick oven and serve hot buttered, with syrup, honey, etc.

A. Forsyth

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CAKES—Continued

POMPEIAN CAKE

½ Cup Crisco (or half lard and half butter)	½ Teaspoon Salt
1½ Cups Sugar	1 Teaspoon Mace
2 Eggs, separated	1 Cup Milk
2 Cups Flour	1½ cups chopped, cooked prunes
2½ Teaspoons Baking Powder	½ Cup Chopped Walnuts

Beat shortening, sugar, egg yolks until light. Sift dry ingredients, add alternately with milk. Beat well. Fold in stiffly beaten egg whites, mix prunes and chopped walnuts in separate bowl, butter angel cake pan. Pour in alternate layers of batter and fruit-nut filling with batter on top. Bake in moderate oven (350°F.) about 1 hour. Cool. Spread with Prune Icing.

Prune Icing:

Slowly add 1½ cups sifted confectioner's sugar and ½ teaspoon salt to 2 tablespoons Crisco or butter. Add 1 tablespoon each of prune juice and lemon juice. Beat.

Edna Watts.

LOUIS' FAMOUS CAKE

1 Pound of Butter	¼ Pound of Almonds
1 Pound of Granulated Sugar	¼ Pound of Filberts
6 Whole Eggs	¼ Pound of walnuts
4 Yolks	½ Pound of Cherries (Glaze)
1 Pound Flour	1/3 Pound of sultana raisins
Grated Rind of One Lemon	1/3 Pound Black Raisins
Vanilla	

Cream butter and sugar, add eggs one at a time beating thoroughly. Add flour gradually, then lemon and vanilla and lastly fruits and nuts well floured. Cook two and one half hours.

Angela Lane.

BOHEMIAN BRIDE'S CAKE

First Layer:

3 Tablespoons Icing Sugar
½ Cup Butter
½ Cup Flour

Mix together and pat flat in cake tin. Bake in moderate oven for short while, removing before completely done as it has to be baked again with second layer.

Second Layer:

1 Cup Cocoanut	3 Tablespoons Flour
1 Cup Ground Walnuts	½ Teaspoon Soda
¼ or ½ lb. Glaze Cherries	2 Eggs

Mix these ingredients together and spread over first layer, baking again until done.

Madeline MacPhail.

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CAKES—Continued

"CELESTIAL" CHOCOLATE CAKE

1 Cup Gran. Sugar	¼ Cup Butter
3 Eggs	4 Tablespoons grated Chocolate
½ Teaspoon Flavoring	½ Cup Sour Milk
1½ Cups Flour	½ Teaspoon Soda
1 Cup Boiling Water	½ Teaspoon Salt

Cream butter and sugar together, add 3 yolks and 1 white of egg well beaten. Stir in sour milk and flour alternately after sifting the flour and salt together three times. Dissolve the chocolate in the boiling water. Add the soda while the mixture is still very hot. Stir till soda is well dissolved and add to batter. Stir until thoroughly blended. Add vanilla or almond flavoring, bake in square tin, in moderate oven.

"CELESTIAL" ICING

Put 2 cups granulated sugar, whites of two eggs left from cake, 1/3 cup water, ¼ teaspoon cream of tartar, grated rind of 1 orange, 1 tablespoon lemon juice in top part of double boiler, and put over water on stove, beat with dover egg beater for 7 minutes or until thick enough to spread. Spread on cake and sprinkle with cocoanut or grated chocolate.

Mrs. J. Gordon

LILY CAKE

2 Eggs	1 Cup Flour
½ Cup Butter	1 Cup Milk
1 Cup Sugar	½ Teaspoon Cream of Tartar
½ Cup Cornstarch	¼ Teaspoon Soda

Cream butter and sugar. Add eggs and beat well. Sift cornstarch, cream of tartar, baking soda and flour, and add to other mixture alternately with milk. Bake in medium sized cake tin.

P. E. Grant

SPICE CAKE

1 Cup Butter	1 Teaspoon Baking Powder
2 Cups Brown Sugar, sifted	1 Teaspoon Cinnamon
3 Egg Yolks	1 Teaspoon Allspice
1 Teaspoon Soda	1 Teaspoon Vanilla
1½ Cups Sour Milk	¾ Teaspoon Salt
2 1/3 Cups Flour	

Cream butter and sugar and add other ingredients. Beat egg whites stiff and fold in cup brown sugar, vanilla and cover over the cake. Then top with 1 cup chopped walnuts. Bake altogether in moderate oven about 40 minutes.

Mrs. E. M. Watson.

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CAKES—Continued

WALNUT MAPLE CAKE

1 Cup Brown Sugar	2 Teaspoons Baking Powder
1/3 Cup Shortening	1 Teaspoon Vanilla
2 Eggs	1/4 Teaspoon Salt
1/2 Cup Milk	1 Cup Chopped Walnuts
1 1/3 Cups Flour	

Cream sugar and shortening, add the yolks of the eggs, beaten well, add the milk then the flour which has been sifted twice adding the baking powder, then add salt and vanilla and walnuts. Last add the whites of eggs beaten stiff. Bake in a moderate oven (350°F.) in greased pan for 45 or 50 minutes. Cover with icing and decorate with walnuts.

Mrs. E. L. LaMorie

LAZY DAISY CAKE

2 Well beaten Eggs	1 Cup Flour with 1 teaspoon
1 Cup Sugar	Baking Powder
Vanilla	1/2 Cup hot milk with 1 Tablespoon
	Butter

Bake 45 minutes. Spread on top 10 minutes before cake is done.

1 Cup Cocoanut	6 Tablespoons melted Butter
1 Cup Brown Sugar	4 Tablespoons Milk

Mrs. David Cooper

THREE FRUIT CAKE

1/2 Cup Butter	2 Tablespoons Orange Rind
1 Cup Sugar	grated
2 Eggs	4 Tablespoons Orange Pulp
1 3/4 Cups of Flour	1 Cup Chopped Raisins
1/4 Teaspoon Salt	1/2 Teaspoon Vanilla
3 Teaspoons Baking Powder	1/2 Cup Milk
4 Tablespoons Crushed Banana	

Bake in buttered pan, thirty minutes.

J. Dalgleish.

BOILED RAISIN CAKE

1 1/2 Cups seeded Raisins	1 Teaspoon Cinnamon
Boil and let cool.	1/2 Cup of Raisin Water
3/4 Cup of Sugar	1 Well beaten Egg
1/4 Cup Butter	1 Teaspoon Soda
1 1/2 Cups Flour	1 Teaspoon Nutmeg

Simmer raisins 20 minutes. Cream butter, sugar, add egg, raisin water, soda sifted with flour, nutmeg, cinnamon and raisins dredged with 1/4 cup of flour. Bake in shallow cake tin in a moderate oven.

Mrs. G. Sabine.

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CAKES—Continued

HOT WATER GINGERBREAD

- | | |
|-----------------------------|---------------------------------|
| 1 Cup "Domolco" Molasses | 1 Tablespoon Shortening, melted |
| 1 Tablespoon Ginger | $\frac{1}{2}$ Cup Boiling Water |
| 1 Scant Teaspoon of Soda | 2 Cups Flour |
| $\frac{1}{2}$ Teaspoon Salt | |

Mix the ingredients in the order given and beat well. Bake in a shallow pan in a rather hot oven about 20 minutes.

ANGEL FOOD CAKE

- | | |
|---|--|
| 1 Cupful of Egg-Whites, (10 eggs) | 1 Cupful Flour, sifted once, measured and sifted four times. |
| $\frac{3}{4}$ Teaspoon Cream of Tartar | |
| $1\frac{1}{4}$ Cups fine Granulated Sugar | $\frac{1}{4}$ Teaspoon Salt |
| (sifted) | $\frac{3}{4}$ Teaspoon Vanilla Extract |

Pour the egg-whites on a large platter or large bowl, add salt and beat with a flat egg beater until foamy. Add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in the sugar, 1 tablespoon at a time. Add flavoring. Fold in the flour in the same manner as the sugar. Pour into an ungreased patent tin and bake in a very slow oven fifty to sixty minutes, increasing heat slightly when cake is almost done. Remove cake from oven and invert tin for one hour or until cake is cold. Remove cake from tin with a broad-bladed knife.

Norah Lane.

BRIDE'S CAKE

- | | |
|---|--|
| $1\frac{1}{2}$ Pounds of Butter | 2 Ounces of Rose Water |
| 2 Pounds of Eggs (16, well beaten separately) | $1\frac{3}{4}$ Pounds of Sugar, half Orleans |
| 2 Pounds of Currants | 4 pounds of raisins |
| 2 Pounds of Sifted Flour | 2 Pounds of Citron |
| 15 Drops of oil of Lemon | 2 Nutmegs |
| $2\frac{1}{2}$ Pounds of almonds | Mace, size of two nutmegs |
| | 1 Bottle of Vanilla |

Mix butter to a cream, add sugar, work till white, add yolks of eggs, then beaten whites, then spices and flour, last of all the fruit except citron which should be added in three layers. Cook three hours.

Angela Lane.

GUM DROP SPICE CAKE

- | | |
|---------------------------|----------------------------------|
| $\frac{1}{2}$ Cup Butter | $\frac{1}{2}$ Teaspoon Salt |
| 1 Cup Granulated Sugar | 1 Pound Sultana Raisins |
| 2 Eggs, beaten | 1 Pound Gum Drops, cut in pieces |
| 2 Teaspoons Baking Powder | 2 Cups Flour |
| 1 Teaspoon Nutmeg | $\frac{1}{2}$ Cup Milk |
| 1 Teaspoon Cinnamon | |

Beat in milk and flour alternately. Cook in slow oven.

Mabel Benson.

CAKES—Continued

POUND CAKE

1 Pound Butter	10 Eggs
1 Pound Castor Sugar	1 lb. Peel
1 Pound Flour	1 lb. Raisins
1 Teaspoon Salt	2 Teaspoons Almond Flavor

Cream sugar and butter well and add eggs and flour alternately. Then add salt, peel, raisins and flavoring. Bake 3 hours. Oven at 325 degrees. Before baking cover with almonds.

K. Gamble.

SPONGE CAKE

5 Eggs	1 Cup Swansdown Cake Flour
1 Cup Granulated Sugar	¼ Teaspoon Salt
½ Lemon, grated rind and juice	

Sift flour before measuring; grate the lemon rind into the sugar, extract and measure the juice - there should be two tablespoons. Beat yolks until thick and light in color. Add lemon juice. Beat egg-whites until stiff; fold sugar into whites carefully, then fold in egg yolks and lastly flour and salt. Do not stir or beat. All level measurements.

Cook one hour, at first heat should be low, then increased while browning, and lowered until done.

Angela Lane.

ORANGE CREAM CAKE

3 Egg Whites	2 Teaspoons Baking Powder
1 Cup Sugar	¼ Teaspoon Salt
3 Egg Yolks	¼ Cup softened Butter
½ Cup Milk	1 Teaspoon Vanilla
1½ Cups Pastry Flour	

Beat egg whites to a froth, add one-third cup sugar and beat till mixture will stand in points. Beat yolks, add milk with two-thirds cup flour. Beat in flour sifted with baking powder and salt. Add vanilla and softened butter (not melted). Beat well. Fold in egg whites. Bake in well greased layer cake pans 30 minutes in slow oven 325 degrees.

Inga Thomson.

ORANGE BUTTER CREAM FROSTING

1 Egg	½ Teaspoon Orange Extract (or
¼ Cup Butter	grated rind of half an orange)
2 Cups Confectioners' Sugar	

Drop egg into bowl, break yolk with fork, stir in 1½ cups sugar. Beat well. Add orange extract and remaining sugar. Beat in slightly creamed butter; continue beating with fork for 3 minutes.

Inga Thomson.

CAKES—Continued

JELLY ROLL

3 Eggs	Salt
1 Cup Flour	5 Tablespoons of boiling water
1 Teaspoon Baking Powder	Flavoring

Mrs. R. Chislett

LADY BALTIMORE CAKE

4 Egg Whites	3 Teaspoons Gold Standard Baking Powder
2/3 Cup Shortening	1 1/2 Cups Sugar
1/2 Teaspoon Vanilla	3/4 Cup Milk (Try 1 Cup)
3 Cups Sifted Flour	
1/2 Teaspoon Salt	

Cream the shortening and sugar thoroughly and add the flavoring. Measure sifted flour, add salt and baking powder and sift several times. Add alternately with the milk to the creamed mixture. Beat smooth and fold in the stiffly beaten egg whites. Pour into two greased nine inch layer cake pans. Bake in a moderate oven 375° F. for twenty-five minutes. Put together with Lady Baltimore Filling.

Filling:

2 Tablespoons Shortening	4 Cups (XXXX) Sugar
1 Teaspoon Vanilla	3/4 Teaspoon Salt
1/4 Cup Chopped Raisins	1/4 Cup Chopped Walnuts
2 Tablespoons Lemon Juice	1/4 Cup Chopped Dates
1/4 Cup Chopped Cherries	

Cream together the shortening, salt and sugar, adding the sugar gradually. To one-half of mixture, add the flavoring, one tablespoon lemon juice, and enough milk to make it the right consistency to spread. Use this for icing the top. To the remainder add the fruit, one tablespoon of lemon juice and enough milk to make it the right consistency to spread. Use this between the layers.

Edna Watt.

PINEAPPLE CAKE

1/2 Pound Almonds, blanched	1/2 Pound Orange Peel
1/2 Pound Butter	1 Small Tin grated Pineapple, juice also
1 1/2 Pounds Sultana Raisins	6 Eggs
1/2 Pound Glazed Cherries	2 Cups Flour
1/2 Pound Sugar	

Cream butter and sugar, add eggs and fruits, nuts and flour. Bake 2 hours.

Mrs. Beattie.

GINGER SPONGE CAKE

1 Cup Butter	3 Eggs
1 Cup "Domolco" Molasses	1 Dessertspoon Soda
1 Cup Sugar	2 Dessertspoons Ginger
4 Cups Flour	Grated Rind and juice of 1 Lemon
1 Cup Sweet Milk	

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Minnehaha and Winnie Peg

By H.B.C.



TIME has cast a halo of romance about the life of Minnehaha wife of Hiawatha, but in reality hers must have been a drab and dull routine of heavy manual labor.

Compare her daily existence with that of modern Mrs. Winnie Peg; who may be considered as an average home-keeper of our city . . .

Roused by a peremptory command from her lord and master, Minnehaha drags her protesting limbs from her rabbit-skin couch and sweeps out her wigwam with a bundle of twigs.

Mrs. Winnie Peg, on the other hand, through the medium of an electric vacuum cleaner and an electric floor polisher, keeps every room in her house spotless with a minimum of effort.

Next, Minnehaha, who has long ago ceased to indulge in the musical laughter for which she was once famous, sets about the arduous task of preparing breakfast.

Rain or shine she must gather twigs and bark and carefully light a fire and then watch over it with tender solicitude, for Hiawatha likes his deer steaks done "just so".

Mrs. Winnie Peg has no such worries. Blithely she pops the food into her electric range, sets the thermostat so that the meal will be exactly cooked at the desired time, snaps on a switch, and goes out with no further worry.

Perhaps Hiawatha in pursuing some furry denizen of the north woods has tripped over a deadfall and falling headlong, has soiled his buckskin shirt and moccasins - - Minnehaha shudders at the sight. She must prepare hot water or take the garments to the nearest brook or pond, and there with infinite labor, done with her own sunburned hands, restore them to their pristine freshness.

Mrs. Winnie Peg, however, easily accomplishes her weekly washing by means of her electric washer with hot water from her electric water heater. When dry, her washing is ironed with her convenient and clean electric iron.

Minnehaha cannot keep her meat fresh in summer because of the burning sun and swarming flies. Therefore she has to perform the arduous task of drying the meat and pounding it into pemmican.

Mrs. Winnie Peg rests assured that her food is fresh and safe to eat because it is kept in her electric refrigerator which preserves eatables at the correct temperature to prevent spoiling.

At night Minnehaha stumbles across the rough ground, with a flickering smoky torch for a guide, but the home of Mrs. Winnie Peg is brightly and pleasingly illuminated with electric lights.

Instead of spending her days in drudgery as did Minnehaha Mrs. Winnie Peg enjoys the comforts, safety and help made possible by her electrical servants and can spend her spare time in the companionship of friends, in the study of books and in healthful sports.

Some say that romance is dead. "Thank goodness," Mrs. Winnie Peg declares "If that was romance give me the humdrum life of our modern, electrical age."

· : ICINGS : ·

BANANA BUTTER

4 Bananas	1½ Cups Fruit Sugar
1 Cup Butter (½ lb.)	4 Fresh Eggs

Crush four bananas in a basin with a fork, add the grated rind and juice of one large lemon, $\frac{1}{2}$ lb. butter and $1\frac{1}{2}$ cups fruit sugar, then beat up four fresh eggs. Pour this mixture into a double boiler, stir well until it thickens, then allow eight minutes. Pour in sterilized jars and seal. This is suitable for layer cake filling or sandwich filling, and will keep.

Mrs. E. A. Bennett.

SEVEN MINUTE ICING

2 Egg Whites unbeaten
1½ Cups of Sugar
1½ Teaspoons Light Corn Syrup

5 Tablespoons Cold Water
1 Teaspoon Vanilla

Put egg whites, sugar, water and corn syrup in top of double boiler. Mix thoroughly. Beat with Dover for seven minutes over rapidly boiling water. Add vanilla.

Angela Lane.

CHOCOLATE FILLING and CHOCOLATE ICING

Filling:

1 Tablespoon Corn Starch	Vanilla
½ Cup White Sugar	1 Tablespoon Butter
1 Tablespoon Baking Chocolate	Salt

Mix all together. Add scant cup boiling water. Cook slowly until thick in double boiler.

Icing:

1 Cup Icing Sugar	¼ Cup Milk
1 Tablespoon Butter (creamed)	1 Whole Egg

Set 3 or 4 teaspoons baking chocolate in bowl of cold water and beat until thick.

Mrs. A. W. Gore.

ALMOND PASTE

1 Lb. Icing Sugar 1 Teaspoon Flavoring (Almond)
 ½ Lb. Almonds Butter (size of walnut)
 1 Egg

Blanch almonds and put through food chopper. Mix together with other ingredients.

L. Litchfield.

• : COOKIES : •

APRICOT NUTS

4 Oz. Flour	A Pinch of Salt
1 Oz. Butter	1 Beaten Egg
½ Teaspoon Baking Powder	Little Cold Water or Milk

Sift flour and salt into a basin, rub in butter as fine as possible, then sprinkle in baking powder and mix to a very stiff paste, adding egg and water (or milk).

Turn dough onto a floured board, roll out quite thin, cut into small rounds. Wet edges with water; put some small pieces of apricot jam in round and cover with other rounds, press edges well together. Have ready on stove a pot of boiling fat (smoking hot). Put apricot nuts into this and fry them a nice brown color. When ready turn on to sugared paper and dust well with sugar. These are most delicious and if preferred any other kind of jam could be used instead of apricot.

A. Linklater.

CREAM PUFFS

1 Cup Water	Salt
1 Cup Flour	3 Eggs
½ Cup Butter	

Heat water, butter and salt. When it boils stir in the flour and cook mixture until it leaves the side of pan. Cool, when nearly cold add unbeaten eggs one at a time. Drop mixture by the spoonful on buttered tin leaving space for rising. Bake in moderate oven 40 minutes. When cold split and fill with whipped cream.

Vera Dougall.

GINGER SNAPS WITHOUT SHORTENING

2 Cups "Domolco" Molasses	1 Tablespoon Soda
1 Cup Sugar	1 Egg
2 Tablespoons Vinegar	1 Tablespoon Ginger

Boil molasses and sugar five minutes, and when cold add other ingredients, with sufficient flour to form a soft dough, and roll thin.

THIMBLE COOKIES

½ Cup Butter	} Mix	1 Cup Flour
¼ Cup Sugar		1 Teaspoon Flavoring
1 Egg Yolk		

Make little balls. Pat out round. Dip in unbeaten white of egg then in nuts. Dent with thimble. Bake 5 minutes. Dent again. Bake 12 minutes. Fill with jelly. G. Scambler

COOKIES—Continued

SIFTON COOKIES

$\frac{3}{4}$ Cup Butter	1 Teaspoon Soda
2 Eggs -	$\frac{1}{2}$ Teaspoon Salt
2 Cups Brown Sugar	1 Teaspoon Vanilla
1 Cup Shelled (chopped) Walnuts	3 Cups Flour

Mix in evening and let stand in rolls over night. Cut off slices and bake as cookies. Margaret Fraser.

BACHELOR BUTTONS

1 Small Cup of Brown Sugar	$\frac{1}{3}$ Cup of walnuts, (chopped)
1 Egg	$\frac{1}{2}$ Cup of Raisins
1 Cup of Dates	1 Small Teaspoon of Baking Powder
1 Cup of Flour	
$\frac{1}{2}$ Cup of Butter	

Cook 12 minutes slowly. Makes 60 bachelor buttons.

Angela Lane.

SULTANA COOKIES

1 Cup Butter	2 Tablespoons Milk
1 Cup Brown Sugar	1 Teaspoon Baking Powder
2 Eggs	2 Cups Flour
$\frac{1}{4}$ Teaspoon Salt	$\frac{3}{4}$ Cup Washed Sultana Raisins
$\frac{1}{4}$ Teaspoon Soda	

Roll out $\frac{1}{4}$ inch thick, cut with large cookie cutter and bake a light brown. J. Dalgleish.

CHOCOLATE SQUARE

1 Cup Sugar	$\frac{1}{2}$ Cup Walnuts
$\frac{1}{2}$ Cup Flour	2 Tablespoons Cocoa
$\frac{1}{2}$ Cup Butter	Vanilla
2 Eggs	

Cream butter and sugar - add well beaten eggs - followed by remaining ingredients. Place in a greased tin and cook in a moderate oven for 25 minutes.

Kay Death

PECAN NUT YUMS

$\frac{1}{2}$ Cup Butter or other Shortening	$\frac{1}{2}$ Teaspoon Cloves
1 Cup Light Brown Sugar	$\frac{1}{2}$ Teaspoon Soda
$\frac{1}{4}$ Cups Pastry Flour	$\frac{1}{2}$ Teaspoon Vanilla
$\frac{1}{2}$ Cup finely chopped pecans	$\frac{1}{4}$ Teaspoon Salt
1 Egg (beaten)	$\frac{1}{2}$ Teaspoon Cinnamon

Cream shortening, add sugar and cream well, then beaten egg and beat again, vanilla, and flour which has been sifted with dry ingredients, then pecans which have been dredged with little flour. Mold the dough with the hands into a long roll and let it stand in ice box or cold place overnight. Slice very thin and bake in hot oven 10 to 15 minutes. Lottie Walker Thompson

COOKIES—Continued

PAULIN'S GRAHAM WAFER DATE BARS

1 1/4 Cups White Cross Graham Wafers.	1 Teaspoon Soda
1 1/4 Cups Flour	Mix all dry ingredients
3/4 Cup Butter	Wet Mixture:
1 Cup Brown Sugar	1 Cup Chopped Dates
Pinch Salt	1/2 Cup White Sugar
	1 Cup Boiling Water

Cook wet mixture, then add vanilla. Let cool.

Spread half first mixture in cake pan. Pat down, then add the wet mixture. Bake in slow oven and cut in oblong pieces before cake gets cold.

RICH GINGERBREAD WITH ONE EGG

1/2 Cup "Domolco" Molasses	Allspice.
1 Cup thick Sour Cream	Pinch of Salt
1/2 Cup Sugar	Level Teaspoon Baking Soda
1 Egg	Enough flour to make a Cake
1/2 Teaspoon ginger, cinnamon and	Batter

Mix together the molasses, sugar, egg, salt, spices; dissolve the soda in boiling water and stir into the sour cream. Then put all of the ingredients together, adding enough flour to make the batter of the usual consistency of cake batter, pour into a buttered pan, and bake in a moderate oven. If the cream is very sour use a rounding teaspoonful of soda.

CHEESE - MARMALADE WAFERS

1 Cup Flour
1/2 Lb. Chateau Cheese
1/4 Lb. Butter

Cream cheese, add butter and flour. Roll out and cut with small cookie cutter and bake 10 minutes in slow oven until golden brown. Sprinkle with salt as soon as removed from oven. When cool put two together with marmalade.

V. Beattie

WALNUT COOKIES

1 Cup of Butter	1/4 Teaspoon Salt
1 Cup Brown Sugar	2 Teaspoons Baking Powder
2 Eggs	2 Teaspoons Vanilla
2 1/2 Cups of Flour	1 Cup Walnuts

Cream butter and sugar. Include baking powder and salt with flour and add alternately with beaten eggs; then add flavoring and chopped walnuts. Drop about one-third teaspoon of mixture on cookie tray and smooth with a fork moistened with milk. Cook in fairly quick oven.

M. I. McDermot.

COOKIES—Continued

UNCOOKED ICE BOX COOKIES

1/2 Cup Walnuts

1/2 Pound Marshmallows (cut in quarters)

3/4 Cup Chopped Dates

Pour over this mixture 1/4 cup boiling water, add 1/2 cup Eagle Brand Condensed Milk (sweetened) and 2 1/2 cups of graham wafers - crumbled. Mix all together and roll in graham wafer crumbs. Make two rolls of this amount. Place on a dish and leave in refrigerator 12 hours before serving. When removed to serve - cut as you would a pecan roll.

JAM PATS

1 Cup Butter

1 Tablespoon Corn Starch

1/2 Cup Icing Sugar

1 1/2 Cups Flour

Rub butter and sugar together. Add flour and cornstarch - press into small gem pans - put teaspoonful raspberry jam in each one and add the following mixture. 1 egg beaten, 1/2 cup castor sugar, 1/2 cup dessicated cocoanut, vanilla. Bake half hour in medium oven.

Mrs. H. McBride

PEANUT MACAROONS

1/4 Cup Flour

1/4 Teaspoon Salt

1 Cup powdered Sugar

1 Cup coarsely chopped peanuts

2 Egg Whites

Beat egg whites dry and stiff. Mix dry ingredients together and add gradually to egg whites. Add peanuts. Drop on greased tin about 2 inches apart. Bake at 400° for ten minutes, or until lightly browned.

G. Boniface

ORANGE COOKIES

3/4 Cup Shortening

1 Orange Rind grated

1 Cup White or Brown Sugar

3 Cups Flour

4 Tablespoons Orange Juice

4 Teaspoons Baking Powder

1/4 Teaspoon Salt

Little Cream if needed

Cream sugar and shortening, add the rind and juice, the sifted flour, salt and baking powder and if needed add a little cream or additional orange juice. Roll thin, sprinkle with sugar, cut out and bake in a hot oven.

Mrs. E. L. La Morie

ALMOND FINGERS

2 Cups Flour

1/2 Cup Fruit Sugar

1/2 Cup Butter

1 Egg Yolk

Cream butter and sugar well, add egg yolk and flour. Mix to stiff paste. Roll to 1/4 inch thick, sprinkle with chopped almonds. Cut into finger shaped strips and bake in a moderate oven.

Phyllis Longmire

COOKIES—*Continued*

GROAT CAKES

- | | |
|---------------------|--------------------------|
| 1 Cup Flour | 1 Teaspoon Baking Powder |
| 1 Cup Cracked Wheat | $\frac{3}{4}$ Cup Butter |
| 1 Cup Groats | $\frac{1}{2}$ Cup Milk |
| 1 Teaspoon Salt | |

Mix all together, roll thin and cut. Bake in moderate oven from 10 to 12 minutes. Delicious served with cheese.

Mrs. David Cooper

CORN FLAKE KISSES

- | | |
|----------------------------|---------------------------------|
| 2 Egg Whites, beaten stiff | 1 Cup Dessicated Cocoanut |
| 1 Cup Granulated Sugar | $3\frac{1}{2}$ Cups Corn Flakes |
| 1 Cup Chopped Walnuts | |

Beat gradually. Drop on greased tin. Slow oven.

M. M. McDonald

SHORTBREAD

- | | |
|-------------------------------|---|
| $\frac{1}{2}$ Pound of Butter | $\frac{3}{4}$ Cup of Icing Sugar, or |
| 2 Cups of Flour | $\frac{1}{2}$ Cup of fruit or granulated
sugar |

Roll out on board and cut. Oven at 350°.

Angela Lane

SNOWBALLS

- | | |
|-----------------------------|----------------------------------|
| $1\frac{1}{2}$ Pounds Dates | $\frac{7}{8}$ Cup Icing Sugar |
| $\frac{1}{2}$ Pound Walnuts | $1\frac{1}{2}$ Teaspoons Vanilla |
| 3 Egg Whites | Cocoanut |

Put dates and nuts through mincer, add beaten egg whites, sugar and flavoring. Roll in balls in cocoanut and bake in moderate oven.

Phyllis Longmire

GERMAN CAKES

- | | |
|--------------------------------|--------------------------|
| 2 Cups Flour | 1 Teaspoon Baking Powder |
| $\frac{1}{2}$ Cup Castor Sugar | 1 Teaspoon Lemon Essence |
| $\frac{1}{2}$ Cup Butter | 1 Egg |

Rub butter, sugar and flour together until like bread crumbs, add baking powder, essence and egg well beaten, work to a stiff paste with hands. Divide into two pieces, have flat dinner plate well buttered. Roll out half paste to its size, lay it on, spread thin layer of jam. Then roll out the other piece of paste and lay on the top. Trim the edges and pinch them up to keep the jam in. Brush the top with egg, chopped and blanched nuts over it. Bake $\frac{1}{2}$ hour. Pistachio or walnuts as desired.

Mrs. E. A. Bennett

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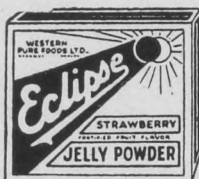
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· : Luncheon and Supper Dishes : ·

TOAST A LA KING

8 Oz. Mushrooms	1½ Tablespoons Butter
½ Pint Milk	Triangles of Toast
2 Hard boiled Eggs	(Very tasty quick dish)
2 Tablespoons Flour	

Peel and slice mushrooms into a saucepan. Add butter and milk. Cover and simmer for 10 minutes or until mushrooms are tender. Stir in the flour, blended with a little of the milk. Simmer, stirring constantly for 2 or 3 minutes till the sauce is thick and smooth, then season to taste. Add sliced, hard boiled eggs gradually. When piping hot, divide mixture between the slices of toast. Decorate each with a whole cooked mushroom or ½ teaspoon of heated minced pimento. Enough for 8 or 10 persons.

Elsie Brame

SCALLOPED LIMA BEANS

⅓ Teaspoon pepper	¼ Cup diced Green Pepper
1 Teaspoon Salt	¼ Cup diced Onion
¼ Cup Butter	2 Cups cooked Lima Beans
1 Cup Tomato	

Parboil the green pepper (removing seeds) and onion five minutes in one-half cup of water. Add beans, tomato, and seasoning. Put in a casserole and dot with butter. Cover and bake in a moderately hot oven. Temperature 375 degrees. Recipe makes six servings.

Florence E. Rice

ORANGE FRITTERS

2 Eggs	¼ Cup Milk
1 Tbsp. Sugar	1 Cup Flour
1 Tsp. Baking Powder	Pinch of Salt
3 Oranges	

Beat eggs, add milk then sugar. Beat well. Add flour which has been sifted with baking powder and salt. Divide oranges into sections and drop them into batter, take out by spoonful (1 section of orange to each spoonful) drop into boiling fat and cook a delicate brown. Serve with maple syrup.

N. Woolfson

WELSH RAREBIT

2 Cups Milk	Pepper
2 Tablespoons Flour	1. Tbsp. Ketchup
1 Teaspoon Mustard	1 Beaten Egg
½ Tsp. Salt	2 Cups finely shredded Cheese

Scald the milk, add ingredients, stir on moderate fire until cheese is all melted. Add some more flour if not thick enough—about from 1 to 2 tablespoons. Cool. Heat before serving—serve hot on toast.

Fanny Barnes

LUNCHEON and SUPPER DISHES—*Continued*

CHEESE SOUFFLE

3 Tablespoons Butter

Salt and Pepper

3 Tablespoons Flour

3 Eggs

1 Cup Milk

1 Cup ordinary yellow cheese

Make a white sauce of butter, flour, milk, salt and pepper. When sauce is smooth and boiling add cheese, cut in small pieces. Take off the stove and quickly stir in the egg yolks. Cool this mixture. (If desired it may be made ahead of time and set in the ice box until ready to bake the souffle).

When ready fold in the stiffly beaten whites of eggs. Pour in a greased baking dish and set in pan of hot water. Bake in a moderate oven until the egg white is set (about 15 minutes). Bert McKnight.

SCRAMBLED TOMATOES AND EGGS

One tbsp. butter. Melt and add one cup thick canned tomatoes, salt and pepper and a nice sized onion, chopped fine. Stir in four eggs when it begins to boil and let thicken. Serve on buttered toast.

Edith Morris

SHRIMP CREOLE

1/3 Cup Salad Oil

1 Tbsp. Chopped Parsley

1 Green Pepper

1 Can Shrimps

2 Medium Onions

1/2 Tsp. Salt

1/2 Cup Chili Sauce

1/8 Tsp. Pepper

2 Cups Water

Wash and remove seeds from pepper, cut into rings with onions. Add to olive oil in frying pan with chili sauce, water and parsley. Cook over a slow fire until vegetables are soft and sauce is thick. Add shrimps, pepper and salt and simmer gently for 10 minutes. Form cooked rice into balls and serve with shrimp.

MACARONI AND CHEESE

9 Sticks of Macaroni

Salt and Pepper

3 Tbsp. Butter

1 Cup grated Cheese

3 Tbsp. Flour

1 Cup Buttered Crumbs

2 Cups Milk

Break macaroni into two inch pieces. Cook in a large amount of boiling water. When tender, pour into a colander and run cold water through. Make white sauce, melt the butter, add flour, and then the milk and seasoning. Add the cheese and macaroni, turn into buttered baking dish with crumbs and bake until brown in hot oven.

CHEESE FONDUE

1 Cup Bread Crumbs

2 Cups Milk

2 Cups grated Cheese

3 Eggs

1 Tablespoon melted Butter

1/4 Teaspoon Soda

Soak bread crumbs in milk, add the egg, cheese and butter, lastly soda dissolved in hot water. Bake in buttered dish 15 to 20 mins.

Florence E. Rice

LUNCHEON and SUPPER DISHES—*Continued*

LENTELS and BEANS

1½ cups Lentels	2 eggs
1 cup Small Beans	Lump of Butter
1 cup Onion, chopped	

Boil lentels and onions in cloth. Boil the beans. When done add the one to the other, mixed with two beaten eggs and a little butter. Brown in oven.

Florence E. Rice.

EGGS IN POTATO NESTS

The amount of potato required will depend upon the number to be served, allowing a good sized ball of finely mashed potato seasoned with butter, pepper and salt to each person.

Shape ball into a nest with deep cavity in centre and a wall about 1 inch in height. Place on a buttered pie dish; heat through in oven, then drop an egg in each nest and bake until each egg is cooked; remove to platter and garnish with parsley.

Edith Morris.

SOUSED HERRINGS

Lay herrings in dish interspersed with slices of onion. Fill dish with vinegar and a little water, one or two bay leaves and about 1 dozen peppercorns. Turn on top and bottom heater until oven is about 350. Turn off top and cook for an hour or more with bottom on low.

Elsie Brame.

CHEESE BALLS

Mix together thoroughly.

1½ cupfuls Grated Cheese

¼ teaspoon Salt

A few grains of cayenne

- ADD -

Whites of three Eggs, beaten stiff.

Shape in small balls, roll in sifted cracker crumbs; fry in hot fat; drain on brown paper; serve with a simple salad dressing.

Edith Morris.

CHILI CON CARNE

1 cup minced steak and one large onion fried in one large tablespoon butter till brown.

Add 1 can tomatoes, 1 can red kidney beans, 1 large tablespoon sugar, 1 large teaspoon salt, red pepper to taste.

1 can tomato soup may be added if desired. Boil till thicker than syrup.

Mrs. E. N. Dack.

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ANY ladies are knitting wool suits and as it is only possible to knit the outline of the suit it must be blocked and reshaped. Expecting an operator to mold the garment to a size is asking too much. Take a little time and have the operator see the garment on you and she can then block it to suit your figure, immediately changing it from a shapeless outline to a smart appearing costume.

There are a number of things that enter into the successful dyeing of fabrics. As all fast dyeing must be done in hot water there is shrinkage to worry about, but unless the fabric is a material that has been preshrunk the chances are that it will creep in the dyeing because it has probably been abnormally stretched in the course of manufacturing, but a good presser can quite easily stretch a garment back to its original shape without using any force that will injure the fabric. All fabric must be dyed darker than its original color unless original color can be stripped, which is quite possible in many cases where garment is real silk. However a few minutes of your time spent personally with the dyer will invariably result in a good job or you will be advised not to have it done.

We mention a few of the operations in dry cleaning that you possibly do not take into consideration. All buckles and buttons must be taken off and replaced after cleaning, a pleated frill must be taken out and repleated, in an expensive pleating machine that makes over 300 different styles of pleats then resewn in dress. White collars or trims must be removed and processed separately so that they will be a pure white and then replaced.

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· : PICKLES and RELISHES : ·

SPICED RHUBARB

- | | |
|----------------------|-----------------------|
| 7 Pounds of Fruit | 4 Pounds Sugar |
| 1 Pint Cider Vinegar | 1 Tablespoon Cinnamon |
| 1 Teaspoon Cloves | |

Put into kettle and boil until fruit is soft. As it thickens stir to prevent burning.

Florence E. Rice

CUCUMBER RELISH

Pare, quarter and seed cucumber until you have 1 quart. Put through grinder 1 cup white onions, the cucumbers and 2 sweet red peppers. Boil 1 pint of vinegar, 2 tablespoons mustard seed, spices of choice and 1 cup of sugar, for 15 minutes. Cook vegetables in a small amount of water until cucumbers are tender. Then cook in the vinegar mixture for 10 minutes. Place in jars and seal.

Abbie Bell

BEEF PICKLE

- | | |
|---------------------------------|---------------------|
| 1 Qt. raw Cabbage chopped fine | 1 Teaspoon Pepper |
| 1 Qt. cooked Beets chopped fine | Pinch of Red Pepper |
| 1½ Cups sugar | 1 Cup Horse Radish |
| 1 Tablespoon Salt | |

Cover with vinegar and keep in a crock.

Lottie Walker Thompson

UNCOOKED TOMATO RELISH

- 7 Pounds Tomatoes peeled
- 3 Large Onions
- 1 Large Head Celery

Chop all fine and add ¼ cup salt. Put in bag and drain overnight. Add 3 cups white sugar, 1 cup vinegar, 1 red and 1 green pepper chopped. Seal tightly.

Mrs. J. W. Longworth

WALNUT PICKLE

- | | |
|------------------------|------------------------------|
| 4 Pounds Ripe Tomatoes | 1 Pound Walnuts (Cut in two) |
| 1 Pound Onions | 2 qts. Malt Vinegar |
| 1 Pound Brown Sugar | Spice (Whole in bag) |

Peel tomatoes and cook with onions. Add balance of recipe and cook half an hour after starting to boil.

Vera Dougall.

CANNED TOMATO PICKLE

- | | |
|--------------------------|-----------------------|
| 1 large Onion | ⅛ cup Sugar |
| 1 can Tomatoes | ½ cup Vinegar |
| 1 cup Celery (cut small) | Salt, spice to taste. |

Cook until celery is soft.

Mrs. H. Jensen.

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Miss Ella Kobold
ASSISTANT

PICKLES and RELISHES—Continued

TOMATO RELISH (Uncooked)

- | | |
|------------------------------------|-------------------------------|
| 1 Peck ripe Tomatoes (peeled cold) | 5 Red Peppers, (chopped fine) |
| 6 Medium sized Onions | ½ Cup Salt |
| 3 Heads Celery | |

Chop all fine and let stand over-night. Drain dry and add 2 pounds brown sugar, 2 ounces white mustard seed and cover with cold vinegar. Mix well and put in sealers. M. M. McDonald.

CHILI SAUCE

- | | |
|---------------------------|-----------------------------|
| 12 Ripe Tomatoes | 1 Onion |
| 1 Pepper (finely chopped) | 3 Tablespoonfuls Sugar |
| 2 Cups Vinegar | 1 Teaspoonful each - Cloves |
| 1 Tablespoonful Salt | Cinnamon, Allspice. |
| ½ Head Celery | |

Cook 45 minutes, or until mixture is reduced one-third.

N. Chisholm.

NINE DAY PICKLES

4 quarts cucumbers - put them in cold brine for three days, then in cold water three days.

Drain and let simmer for 20 minutes in weak vinegar (2 cups water to 1 cup vinegar) with a small piece of alum. Then drain and throw drainings away. Make a syrup of 3½ pounds white sugar and three pints of vinegar with 1 ounce celery seed - 1 ounce allspice buds and 1 oz. cinnamon buds. Put boiling hot syrup over cucumbers. Next day drain and pour over cucumbers again, and repeat this for two more days (9 days in all) then seal in quart jars.

M. B. A.

GREEN TOMATO PICKLE

- | | |
|-------------------|--------------------|
| 8 Apples | 5 cups White Sugar |
| 8 medium Onions | 4 cups Brown Sugar |
| 20 Green Tomatoes | 2 tablespoons Salt |
| Mixed Spices | |

Pare apples and tomatoes, chop all fine. Combine with remainder of ingredients putting spices in a bag and boil for 20 minutes. Put in jars and seal.

MUSTARD PICKLE

100 small cucumbers - let stand in salt and water for three nights. Put one-half peck of small onions and two cauliflowers (cut in small pieces) - in salt and water for one night. Next day boil cauliflower in weak vinegar water for 5 minutes - no more. Put pickles in a jar and pour hot - 1 gallon vinegar boiled with ½ oz. mixed spice over the pickles.

When cooled pour off vinegar and mix a dressing of the vinegar and a little less than ½ lb. Keen's mustard, 1 teaspoon tumeric, 3 small cups brown sugar, 1½ cups flour. When boiled pour over pickles and bottle.

M. Wright.

PICKLES and RELISHES—*Continued*

RED PEPPER RELISH

Remove seeds from 12 red, sweet peppers; cut in shreds, very fine with scissors; put into cold water and let scald. Drain off water and add two lemons cut in quarters, taking out seeds; add sufficient malt vinegar to cover all; let boil half an hour then add 1½ lbs. white sugar; boil until thick. Take out lemon, scrape out pulp. Put in small red pepper relish jars, as it does not keep well when opened.

H.E.B.

HEINZ RELISH

- | | |
|-------------------------------|------------------------------|
| 8 Pounds of Green Tomatoes | 2 Dessertspoons of Salt |
| 2 Heads of Celery - Good Size | 8 Large Onions |
| Put through mincer. | 3 Red Peppers - sweet |
| 6 Cups of White Vinegar | 3 Dessertspoons Mustard Seed |
| 1 Dessertspoon Celery Seed | 4 Cups of Brown Sugar |

Boil from one-half to one hour.

Angela Lane.

SWEET CHUTNEY PICKLE

- | | |
|-----------------------------------|------------------------|
| 1 Lb. Apples - sour - sliced thin | 2 Large Onions |
| 1 Lb. Tomatoes - Ripe - Peeled - | 1 Teaspoon Cinnamon |
| (or 1 can) | 1 Teaspoon Allspice |
| ½ Lb. Seeded Raisins | Malt vinegar to taste. |
| 1 Lb. Brown Sugar | Boil 15 minutes. |

K. Meikle.

WATERMELON PICKLE

- | | |
|-----------------------|------------------------------|
| 2 Cups brown Sugar | 2 Tablespoons Pickling Spice |
| 3 Pounds Watermelon | (in a bag) |
| 1½ Cups Cider Vinegar | |

Cut melon in pieces and put in salt water (weak brine) over night. Drain and boil until quite tender, in fresh water. Drain and add vinegar and spices and boil till tender.

Vera Dougall.

TOMATO MARMALADE

- | | |
|------------------------|----------------------|
| 6 Pounds Ripe Tomatoes | 6 Pounds White Sugar |
| 6 Lemons | |

Scald and skin tomatoes, and cut up. Slice lemons, removing all pith, and cut in thin pieces. Boil altogether until the lemon rind is soft, then add sugar and boil twenty to thirty minutes. Skim at intervals.

H. M. Dilling

PEACH PICKLES

- | | |
|------------------|----------------------------------|
| 30 Ripe Tomatoes | 4 Cups Granulated Sugar |
| 6 Onions | 2 Tablespoons Salt |
| 6 Red Peppers | 1 Quart White Vinegar |
| 6 Large Peaches | 2 Teaspoons each of mace, cinna- |
| 6 Large Pears | mon and cloves (tied in bag) |

Boil 2 hours.

Mrs. B. Boreham

PICKLES and RELISHES—*Continued*

GRAPE CATSUP

5 lbs. Blue Concord Grapes	1 tbsp. Cloves
2½ lbs. White Sugar	1 tbsp. Allspice
1 Pint Vinegar	1 tbsp. Salt
1 tbsp. Cinnamon	

Boil the grapes and press through the colander, add the vinegar, sugar and spices and boil until thick.

FRUIT TOMATO SAUCE

30 Ripe Tomatoes	8 Peaches
6 Good sized Onions	8 Pears
3 Green Peppers	

Chop all fine and add 3½ cups sugar (white)

2 Tablespoons Salt	½ Box whole mixed spice tied in a cheese cloth bag.
1 Quart Vinegar	

Boil two hours and bottle hot.

Olive Ritchie

CHOW-CHOW

1 Can of Tomatoes	1 Teaspoon Pepper
6 Large Onions, cut up small	1 Teaspoon Celery Seed
1 Head Celery, chopped fine	2 Tablespoons Pickle Spice in bag
1 Cup Brown Sugar	1 Pint Vinegar
2 Teaspoons Salt	

Boil gently together one hour, or until thick.

Madeline Carrol

SPICED PEARS

1 Lb. Fancy Dried Pears	¾ Cup Brown Sugar
Cold Water	Juice and rind of 1 lemon
Whole Cloves	Water
1½ Cups Boiling Water	

Wash pears. Soak in cold water overnight. Drain well. Stick 4 whole cloves in each half. Place in a Dutch oven or heavy-bottomed pan. Dissolve sugar in boiling water and pour over pears. Add enough water to cover pears. Cover. Simmer gently, basting occasionally until tender.

SPICED BLACKBERRIES

8 lbs. blackberries, 3½ lbs. brown sugar, 2 cups vinegar, 3 teaspoons whole cloves, 3 teaspoons cinnamon, 3 teaspoons allspice, 3 teaspoons nutmeg, 3 teaspoons ginger. Put berries in kettle with sugar and vinegar. Tie spices in bag and let stand 4 hours. Place pan on fire, bring to a boil and let simmer for 15 minutes. Skim fruit and place on platter. While juice cooks to half, pack berries, pour over syrup.

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GREEN TOMATO MARMALADE

4 Lbs. Green Tomatoes 4 Lbs. Sugar
3 Lemons ½ Lb. Walnuts

Wash and chop tomatoes fine. Add sugar and let stand all night. Cut the lemons fine and add when the tomatoes are put on to boil. Cook until thick and add broken walnuts five minutes before removing from the fire. Pour into bottles and seal.

APRICOT CONSERVE

3 Lbs. Apricots, fresh or dried ¼ Lb. Almonds
1 Pineapple (or 1 tin Pineapple) 1 Lemon
5 Cups Sugar

Cook together slowly. If dried apricots are used, soak over night. Add lemon juice and nuts just before taking off stove.

Reita Ovas

PEACH JAM

12 Peaches peeled and sliced
6 Oranges put through grinder (skin
and all)
3 Lbs. Sugar

Let stand over night. Boil until thick enough for jam.

Olive Ritchie

ORANGE MARMALADE

12 Sweet Oranges
6 Lemons
2 Grapefruit

Shave very fine across the grain and weigh. To each pound of fruit add 3 pints of water. Let stand 24 hours (or over night). Boil 30 minutes very fast and constantly. Then let stand 24 hours. Now weigh again and to each pound of fruit add 1 ¼ lbs. of white sugar. Boil fast 40 minutes or until it jellies.

Vera Dougall

MARMALADE

6 Pears 2 Oranges
6 Peaches 1 Lemon
6 Apples

Cut oranges and lemon fine as for marmalade. Cover with hot water, let stand over night. In morning add other fruit — cup for cup of fruit and sugar. Boil slowly until clear.

Lucy Robinson.

JAMS and JELLIES—*Continued*

BLACK CURRANT JAM

Take equal quantities of berries and sugar and let them stand 24 hours in a basin, one layer of berries and next of sugar.

Take some red currant juice and boil it up, then put in berries and sugar. Bring to boil and boil 15 to 20 minutes. Cover while hot.

RED CURRANT JELLY

Put 7 lbs. currants in pan with sufficient water to peep through (not cover) berries.

Let boil gently for $\frac{3}{4}$ of an hour, stirring frequently. Strain through jelly bag. Put 1 cup of sugar to one cup of juice. Boil 20 to 30 minutes when sugar is melted.

APRICOT GINGER PRESERVE

1½ lbs. fancy Dried Apricots

2½ cups Sugar

Juice and grated rind of 1 Lemon

¼ lb. crystallized Ginger, shredded

Water to cover, about 1 quart

Wash apricots and drain. Put through chopper (coarse knife). Soak in water overnight. Simmer gently until tender. Add: lemon, sugar and ginger. Cook gently for about 30 minutes or until it is thick.

RHUBARB JAM

Wipe rhubarb with a damp cloth and cut into pieces about an inch. To 1 pound of fruit put 1 lb. of sugar, and to 3 lbs. of fruit put 1 pound of ginger.

Soak all together for 3 days, then strain off juice and boil for half an hour.

Add fruit and boil for $\frac{3}{4}$ of an hour or till it looks ready.

Add few drops of lemon and leave in pot for half an hour.

Pour into jars and cover while hot.

PEACH CONSERVE

3 pounds of Peaches

½ pound of Walnuts - good

1 pound of Raisins

measure.

3 large Oranges - rind and juice

Cut in small pieces, mix (except the nuts) and use pound for pound with sugar. Boil for one hour or more until it thickens. Put the nuts in just before taking off the stove.

NOTE: This conserve is also good when made with plums instead of peaches.

Mary Lane

JAMS and JELLIES—*Continued*

LEMON JELLY

Rind of 3 lemons, juice strained into pint measure, fill up with water and 1 pint of water; 6 oz. granulated sugar, 3 cloves, 1 inch cinnamon stick, whites and shells of two eggs, 2 oz. powdered gelatine. Put above into preserving pan and whisk till frothy. Boil up to top of pan, allow to stand for 5 minutes; boil up second time, stand 10 minutes or until it settles. Strain through heated cheese cloth till clear. Turn into wetted mould when nearly cold, or into small individual moulds.

Adelaide Linklater

RHUBARB AND PINEAPPLE MARMALADE

Equal quantities of rhubarb and pineapple. Slice pineapple very thin and in small pieces. Remove core. Add half the quantity of sugar. Simmer until tender. Peel rhubarb and cut in small pieces. Add equal quantity of sugar. Allow to stand over night. Boil two together for twenty minutes.

GOOSEBERRY JELLY

To 4 pts. of gooseberries give 3 pts. of water (always 1 pt. less water than gooseberries). Boil to a mash, then strain through a jelly bag (never squeeze). Next day put 1 lb. of crystallized sugar to 1 pt. of juice. Boil half an hour (or till it jellies on a plate). Flavor with essence of lemon if liked. One stick of rhubarb added to the gooseberries draws out the flavor. Make early in July.

BLACK CURRANT JELLY

Put berries into pan with enough water to cover. Boil to a mash and strain through jelly bag. To 1 lb. of sugar add one large breakfast cup of juice. Bring to boil when sugar is melted. Boil 5 minutes.

STRAWBERRY JAM

5 cups of strawberries hulled. Pour kettle of boiling water over them and drain at once. Put in kettle with 3 cups of granulated sugar and boil for 5 minutes. Add two more cups of sugar and boil for another 5 minutes. Let stand over night and bottle and seal next day.

Mrs. A. M. Geddes

PLUM CONSERVE WITH HONEY

5 lbs. greengages; $4\frac{1}{2}$ lbs. honey; 1 lb. sugar; $\frac{3}{4}$ lb. walnuts; $1\frac{3}{4}$ lbs. raisins; 10 oranges, pulp and grated rind. Stone and prepare the greengages, prepare the oranges, chop walnuts and raisins. Melt the sugar and the honey together, add the fruit and raisins but not the nuts. Cook quickly until thick, add nuts and bottle immediately.

Mrs. R. F. McWilliams



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WALNUT MOLASSES CANDY

- | | |
|--------------------------|-----------------------|
| 1 Cup "Domolco" Molasses | 1 Tablespoon Butter |
| 1 Cup Brown Sugar | 2 Cups Walnut Kernels |
| 1 Tablespoon Vinegar | |

Mix molasses, sugar, butter and vinegar. Stir over fire until sugar is dissolved, and boil without stirring until mixture hardens when dropped in ice water. Grease deep square pan with butter—fill nearly full with walnut kernels, pour over the molasses candy, and cool.

CHOCOLATE CARAMELS

- | | |
|------------------------------|----------------------|
| ¼ Pound Chocolate | 1 Pound Brown Sugar |
| ¼ "Domolco" Molasses | 2 Tablespoons Butter |
| 4 Tablespoons Condensed Milk | 1 Teaspoon Vanilla |
| 4 Tablespoons Water | |

Put all the ingredients in a saucepan—heat and stir until the sugar is thoroughly dissolved—then boil until the mixture hardens when dropped into cold water. Try the mixture every few minutes by dropping in ice water; if it hardens quickly, take it from the fire. Turn into a buttered pan—when partly cool, mark with dull knife. Cool, and then break into caramels.

TOFFEE

- | | |
|--------------------------|------------------------------------|
| 2 Cups Brown Sugar | 1 Tin "Eagle Brand" Condensed Milk |
| 1 Cup Butter | |
| 5 Tablespoons Corn Syrup | ½ Teaspoon Vanilla |

Put all in deep pot on stove. Boil gently, stirring constantly until it reaches the hard ball stage, (45 to 60 minutes). Add flavoring and pour without beating into a buttered pan. When partly set, mark in squares.

D. Schweiden.

TURKISH DELIGHT

- | | |
|------------------------------------|-----------------------------|
| 1 Packet Gelatine (both envelopes) | 1½ Cups Boiling Water |
| 2 Lbs. Granulated Sugar | Vanilla Flavor and Coloring |
| 1 Cup Cold Water and | |

Soak gelatine in cold water, then add boiling water and dissolve thoroughly. Add sugar slowly and bring to boil - be careful it does not boil over or burn - boil 8 minutes, stirring all the time. Add flavoring and coloring, then pour into a buttered pan. Allow to get quite firm, then cut into squares and roll in fruit sugar. This makes 3 lbs.

K. Ball.

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CANDY—Continued

DATE BARS

- | | |
|--------------------------|----------------------------------|
| 2 Eggs | ¼ Teaspoon Salt |
| 1 Cup Sugar | 1 Cup Broken Nut Meats |
| 1 Cup Flour | 1 Lb. Dates stoned and quartered |
| 1 Teaspoon Baking Powder | |

Will keep for days.

Beat egg yolks and whites separately. Add sugar to egg yolks and beat to a cream; sift flour, salt and baking powder together, add alternately with egg whites to yolk mixture, add nut meats and dates and bake in shallow baking tin in a moderate oven about 30 minutes. While still warm cut in 1 inch bars, roll in powdered (fruit) sugar. Marguerite Boutell

MARSHMALLOW DE LUXE

Cut Paulin's Marshmallows into quarters. Place each quarter in a date, dip in meringue and roll in cocoanut. Brown in oven.

PEANUT BUTTER FUDGE

- | | |
|-------------------------------|-----------------------------|
| 1½ Cups White Sugar | 2 Tablespoons Butter |
| ¾ Cup Brown Sugar | 4 Tablespoons Peanut Butter |
| 1 Large Tablespoon Corn Syrup | Pinch of Salt |
| 2/3 Cup Milk | |

Cook sugar, syrup, salt and milk until it forms a soft ball in cold water, add butter and peanut butter, beat until creamy.

J. Dalgleish.

CHOCOLATE FUDGE

- | | |
|--------------------|------------------------------|
| 2 Cups Brown Sugar | ½ Cup Butter |
| 2 Cups White Sugar | 2 Squares Chocolate |
| 1 Cup Milk | 1 Teaspoon Vanilla Flavoring |
| ½ Cup Corn Syrup | |

Boil ten minutes or until forming firm ball. Beat until firm. Add chopped nuts if desired. Pour into greased pan.

L. Young.

DIVINITY FUDGE

- | |
|--------------------|
| 3 Cups Sugar |
| ½ Cup Cold Water |
| 2/3 Cup Corn Syrup |

Boil until drop hardens in cold water then pour over 2 egg whites beaten stiff, add nuts and vanilla, continue beating until creamy. Madge Cuddy.

STUFFED DATES

Select fairly large dates and remove stones. Fill with ordinary butter icing which has been flavored. Place half walnut in centre and allow to harden.

Phyllis Forrest.

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½ pound cottage cheese	4 tablespoons chili sauce
Dash Worcestershire sauce	Speirs Parnell Whole Wheat Bread

Moisten the cheese with the chili sauce, add the Worcestershire sauce and use as filling for sandwiches of buttered Speirs Parnell Whole Wheat Bread. Minced olives may be added to the filling if desired.

THE PARISIAN

3 ounces cream cheese	2 tablespoons heavy cream
1 teaspoon mustard	1 teaspoon anchovy paste

Mix ingredients to a smooth paste and spread thinly on Speirs Parnell Bread.

*Ask our salesman or phone for our Sandwich Booklet containing
59 other suggestions.*

SPEIRS PARNELL
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· : TEA and BRIDGE DISHES : ·

BRIDGE CLUB RAISIN SANDWICH

- | | |
|---------------------------------|--------------------------------|
| 6 Hard cooked Eggs chopped fine | 2 Tbls. Chili Sauce |
| ¼ Tsp. Paprika | 2 Tbls. Sweet Pickles, chopped |
| 2 Tbls. chopped Celery | ¾ Cup thick Mayonnaise |
| 1½ Tsp. Salt | 1 Cup puffed Raisins chopped |
| 1 Tbls. Chopped Onion | fine |

Mix until well blended. Spread on buttered slices of graham bread.
Olive Ritchie

CHEESE STICKS

Cut bread in half lengthwise. Spread thinly with butter. Sprinkle with grated cheese seasoned with salt and cayenne, then bake until delicately browned.

Edith Morris

DEVILED HAM TOASTIES

- | | |
|----------------------|-----------------------------|
| ½ Cup Milk | 1 Small can (2¾ ounce) |
| 1½ Tablespoons Flour | deviled ham |
| 1 Tablespoon Butter | 12 Slices of Buttered Bread |

Melt the butter, add the flour and mix to a smooth paste. Add milk gradually and cook until thickened, stirring constantly. Add deviled ham and blend thoroughly. Cool and spread between buttered slices of bread. Cut in halves and saute in butter until golden brown. Serve very hot. Recipe makes twelve sandwiches.

Florence E. Rice

CHEESE DREAMS

- | | |
|--------------|---------------|
| 1 Cup Flour | 1 Pkg. Cheese |
| ½ Cup Butter | |

Rubbed together, as for making pie paste; roll thin, cut to shape, put a dab of jam or jelly on one half and turn over; bake.

Mrs. J. H. Sherk

VALENTINE CLUB SANDWICHES

- | | |
|----------------------|----------------------------|
| 2 Cups Flour | 2/3 Cup Tomato Juice |
| 3 Tsp. Baking Powder | Inch squares of Cheese cut |
| ½ Tsp. Salt | thin |
| 3 Tbsp. Shortening | Thin strips of Side Bacon |

Mix and sift dry ingredients. Cut in shortening, using knife - reducing fat to small particles. Mix lightly with tomato juice. Turn out the dough on a floured board and knead lightly for 10 seconds.

Roll to ⅜ inch thickness, cut out with small size cutter. Place rounds together with a slice of cheese between. Bind the edges of each biscuit sandwich with strips of side bacon, just long enough to go around. Fasten with a toothpick. Bake in a hot oven (450°) 12 to 15 minutes.

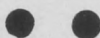
Lillian McDiarmid

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TEA and BRIDGE DISHES—*Continued*

SANDWICH SUGGESTIONS

Lobster mashed to a paste, seasoned with salt, pepper, lemon juice, and moistened with salad dressing.

Deviled ham, mashed hard-boiled egg, seasoned with Chili sauce or tomato catsup, and moistened with salad dressing.

Cheese, mashed, mixed with chopped salted almonds, moistened with salad dressing.

Nutbread spread with cream cheese.

Minced chicken and finely shredded almonds with salad dressing or cream.

Flaked crab meat, shredded celery, seasonings and salad dressing.

Finely chopped cooked meat, with mustard mixed with softened butter.

Chopped chicken, chopped olives and salad dressing.

Mashed tuna with minced celery and salad dressing.

Cream cheese mixed with India Relish.

Chopped preserved ginger, chopped nuts and orange juice to moisten.

SAVOURY SANDWICH FILLINGS

Pounded nuts and thin slices of banana are very good with a sprinkling of salt.

A delicious filling can be made with crushed bananas and red currant jelly.

Finely chopped olives and cream cheese, with a dash of cayenne.

Pounded pickled walnuts and cheese prove an excellent mixture.

Pickled walnuts alone are quite good. They should be pounded, and a thin filling used.

Lillian McDiarmid

SARDINE SANDWICHES

Remove skin and bones from sardines, (6); pound in a mortar with six hard-boiled eggs and three tablespoons of butter, season to taste with paprika and lemon juice, and press through a fine sieve. Spread on white or brown bread.

Madeline Carrol

HOT ROLL SANDWICHES

¼ lb. chipped beef. Put through meat grinder. Strain can of tomatoes and add juice to above. Put in frying pan and simmer for 1½ hours. Take from stove and stir in one cup grated cheese while hot. Add something for seasoning, pepper, chili sauce, etc. Split finger rolls, butter both halves and spread mixture on generously. Heat in oven and serve piping hot.

LOBSTER SANDWICH

Chop the meat of the lobster fine; add the soft parts. Season with tabasco sauce, lemon juice and oil, and spread upon lightly buttered bread cut for sandwiches.

Madeline Carrol

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TEA and BRIDGE DISHES—*Continued*

DEVILED CHEESE SANDWICHES

- | | |
|---|------------------------------------|
| 2 Tablespoons evaporated milk
or cream | ¼ Teaspoon Worcestershire
Sauce |
| ½ Cup grated Cheese | 8 Slices White bread |
| 3 Tablespoons Deviled Ham | |

Mix the cheese, ham, evaporated milk and Worcestershire Sauce to a smooth paste. Spread between thin buttered slices of bread. Time in combining, 10 minutes. Recipe makes eight sandwiches.

Florence E. Rice

FRENCH TOASTED CHEESE SANDWICHES

- | | |
|--------------------------|-----------------|
| 8 Slices Bread, buttered | 1 Egg |
| 4 Large slices Cheese | ¼ Teaspoon Salt |
| French mustard | ¾ Cup Milk |

Place a slice of cheese between two slices of buttered bread and spread lightly with French mustard. Beat egg and add milk and salt. Dip sandwiches in this mixture and fry on both sides in heated buttered frying pan until nicely browned.

B. G. Oke

MARSHMALLOW LOAF

- | | |
|--------------------------------|---------------------------------|
| 20 Marshmallows cut in squares | 15 Crushed Graham Wafers |
| 1½ Cups Chopped Dates | ½ Tin Condensed Milk (18c size) |
| 1½ Cups Chopped Walnuts | |

Mix together. Roll a few extra Graham Wafers on wax paper, then roll mixture on this and leave in wax paper in cool place for at least a day.

Greta Scott

TOASTED SAUSAGE ROLLED SANDWICHES

Get 1 tin Sausage, and cut each sausage in four strips. Use fresh bread, cut thin and remove crusts. Roll strip of sausage, with mustard applied, in buttered bread and fasten with toothpick. Toast in oven. (Tinned sausage necessary).

Louise Gow

PRUNES EN SURPRISE

Soak large size prunes overnight (water will do, but brandy will help the party on!) Steam them next morning until tender, then slit down the sides and remove stones. Crumble a little gorgonzola or roquefort cheese, add some chopped olives and a dash of paprika, a hint of cayenne and enough thick mayonnaise to make the cheese a soft and creamy consistency. Fill the prunes with the cheese paste and serve heaped up in glass bowls.

SAVOURY SANDWICH FILLING

Try a chopped raisin and pounded nut mixture, with cream instead of butter. Thin slices of good, brown bread should be spread with cream. Two tablespoonfuls of raisins to one of nuts are good proportions. The mixture is improved by a sprinkling of lemon juice.



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TEA and BRIDGE DISHES—*Continued*

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On a tray arrange uniform small dishes of sandwich fillings. On a second tray put slices of bread, assorted crackers, potato chips, etc., on which each guest may spread the filling desired.

In a divided appetizer dish or a tray of small dishes put an assortment of salted nuts, gherkins, ripe and green olives, etc. With them serve slices of bread and butter, or bread and butter fingers.

SALAD SANDWICH LOAF

Remove all the crusts from a loaf of bread. Cut it in four lengthwise slices. Spread each with butter, then with sandwich filling, using fillings which harmonize in flavor or color, or all the fillings might be chicken salad. Pile up in the shape of the original loaf and frost all over with a smooth paste of cream or cottage cheese mixed with salad dressing. Broken nut meats may be sprinkled over it.

SHRIMP, CELERY AND EGG SANDWICHES

Wash, drain and clean one tin dry packed shrimps. Finely chop, measure and combine with half their bulk of chopped celery. For each cup of mixture allow 1 hard-boiled egg finely chopped. Season with salt, paprika and moisten with mayonnaise dressing or cooked salad dressing. Spread thin slices of white bread with the mixture, spread an equal number with mayonnaise dressing, cover with lettuce leaf, put together in pairs. Press the edges, trim off crusts, cut in narrow strips.

M. Walker

BRIDGE DISH

- 1 Tin Chicken Haddie
- 1 Small Tin Pimento
- 1 Can Peas
- 1 Hard Boiled Egg

- 2½ Cups Milk
- 3 Tablespoons Flour
- Butter, Salt and Pepper

In the top of double boiler, make white sauce of the milk, flour and butter. Add the chicken haddie, the can of peas and the pimento which has been chopped finely, then the cold boiled egg, which has been diced. Salt and pepper to taste. Serve in pattie shells, which have been previously heated. This makes enough for 8 people. We find it much better to make this filling and let it stand, then reheat before serving. We think it improves the taste.

Madeline Carrol

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TEA and BRIDGE DISHES—*Continued*

SMALL VIENNA ROLLS

Take half a pound of plain flour, $\frac{1}{2}$ ounce butter, a good pinch of salt, 1 teaspoonful baking powder and enough milk to make a soft dough.

Sift the flour and salt into a basin, then rub in the butter, until it is as fine as breadcrumbs. Then sift in baking powder, and mix thoroughly, pour the milk in gradually and mix with fingers until you have a nice dough.

Turn onto a well floured baking-board and shape dough into six little rolls. Heat a baking tin, place rolls on it then sprinkle with flour and bake in a hot oven for 12 to 15 minutes.

For a larger quantity double the recipe.

A. Linklater.

SANDWICH FILLING

4 Eggs	1 small tin Pimento
$\frac{1}{4}$ pound grated cheese	1 Tablespoon Flour
2 green peppers;	$\frac{1}{2}$ Cup of Butter
1 cup Sugar	1 Cup of White Vinegar
3 Teaspoons Mustard	1 Teaspoon of Salt
$\frac{1}{2}$ Grated Onion	

Mix and cook in double boiler until thick. Put peppers and pimento through chopper. Will keep for some time in ice box.

Angela Lane

TOMATO AND CAVIAR

Slice of tomato then caviar. Add lemon juice, eggs riced, and garnish with chopped beets and parsley.

UNCOOKED BRIDGE DAINTIES

15 Glace Cherries
1 Cup Cocoanut
2 Cups Walnuts

Put above ingredients through food chopper. Add enough well beaten egg, about 1 tablespoon, to form mixture into balls and roll in fruit sugar.

Olive Nairn

WALDORF SALAD

Mix equal parts of apples pared and cut into small cubes, celery sliced in thin circles, and English walnuts cut fine. Season with salt and moisten with mayonnaise. Serve on lettuce garnished with whipped cream and halves of English walnuts or pecans.

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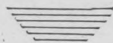
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TEA and BRIDGE DISHES—Continued

GINGER ALE SALAD

$\frac{3}{4}$ Cup diced Canned Pineapple	$\frac{1}{2}$ Cup Cold Water
$\frac{3}{4}$ Cup chopped Grapefruit pulp	1 Cup Ginger Ale
$\frac{1}{3}$ Cup Blanched shredded Almonds	A few Grains Salt
$\frac{1}{4}$ Cup Seeded Malaga Grapes	A few grains Paprika
2 Tablespoons Granulated Gelatine	Lettuce
	Mayonnaise

Soak Gelatine in cold water for five minutes. Dissolve it over hot water. Add $\frac{1}{4}$ cup ginger ale. Combine the fruits, nuts, salt and pepper, and add remainder $\frac{3}{4}$ cup ginger ale. Add Gelatine mixture, stir thoroughly, and pour into individual moulds which have been dipped in and out of cold water. Chill thoroughly, unmould, serve on lettuce leaves, and garnish with mayonnaise. Serves 6 to 8.

Wilma C. Anderson.

COCOANUT BELLES

$\frac{1}{3}$ Cup Crisco (or butter)	$\frac{1}{2}$ Teaspoon Salt
1 Cup Sugar	$\frac{1}{2}$ Teaspoon Vanilla
2 Eggs (Save 1 white)	$\frac{1}{2}$ Teaspoon Lemon Juice
$1\frac{1}{2}$ Cups Flour	2 Tablespoons Milk
1 Teaspoon Baking Powder	

Mix butter, sugar and eggs thoroughly, sift in dry ingredients and add flavors etc. Spread about 1 inch thick in buttered pan.

Cocoanut Meringue:

1 Egg White	1 Cup Brown Sugar
$\frac{1}{2}$ Teaspoon Vanilla	$\frac{2}{3}$ Cup shredded Cocoanut

Beat egg white stiff, add sugar and flavoring—then stir in cocoanut and spread mixture over above recipe. Cook in moderate oven about 15 minutes.

Penelope Gulland.

PINEAPPLE and HAM SALAD

1 Can Sliced Pineapple	$\frac{1}{2}$ Cup chopped Olives
$\frac{3}{4}$ lb. Cooked Ham (minced)	$\frac{1}{2}$ Cup chopped Walnuts

Place one slice of pineapple on lettuce leaf. Mix ham, olives and nuts. Cover pineapple with this mixture. Top this with salad dressing and sprinkle with nuts. This will serve eight people.

P.S.:—When mixing ham, olives and nuts add enough salad dressing to moisten.

Margaret Ackland.

FRUIT and MARSHMALLOW SALAD

3 Oranges	3 Peaches (Canned or Fresh)
3 Bananas	3 Pears (Canned or Fresh)
$\frac{1}{2}$ lb. Table Grapes	$\frac{1}{2}$ Pkg. Sliced Marshmallows

Mix all the fruit, which has been sliced with marshmallows and moisten with salad dressing mixed with whipping cream. Top with whipped cream and garnish with chopped nuts and a cherry.

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Warm Gingerbread Whipped Cream
Coffee.

Welsh Rarebit
Toast Fingers Pickles
Cookies Coffee After Dinner Mints

Cold Sliced or Jellied Chicken
Tomato Jelly Salad Thin Bread and Butter
Ice Cream Wafers
Coffee

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THE BUSINESS WOMEN'S BRIDGE PARTY — Continued

Salad Sandwich Loaf
Pickles Olives
Sherbet Cake
Tea or Coffee

Toasted Chicken Sandwiches
Olives Stuffed Celery
Cake Tea

Cream of Tomato Soup
 Toast Fingers Celery
 Platter of Assorted Crackers and Cheese
 Candy Coffee

Waffles Maple Syrup
Fruit Salad Crackers
Tea or Coffee

Olives Orange Toast Pickles
Cookies Sherbet Coffee

Chicken or Oyster Patties		
Waldorf Salad		Bread and Butter
Ice Cream	Coffee	Cake

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Cake	Coffee

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THE BUSINESS WOMEN'S BRIDGE PARTY — Continued

Toast, Crackers, Breads, with
Tray of Assorted Sandwich Spreads
Ice Cream Sandwich
Tea or Coffee

Chicken and Olive Sandwiches
Pickles Celery
Angel Cake with Whipped Cream combined with
Fresh Fruit
Tea or Coffee

Celery - Olive - Nut Sandwiches
Date Bread Cheese Sandwiches
Baked Alaska
Tea or Coffee

Frozen Pineapple, Cheese Salad
Buttered Tea Biscuits
Cake Vanilla Ice Cream
Hot Chocolate Sauce
Tea or Coffee

Chicken Salad
Buttered Hot Rolls Cranberry Jelly
Pineapple Sherbet
Meringues
Tea or Coffee

Ham Turnovers
Cabbage Salad
Pickles Olives
Cookies Fresh Fruit
Tea or Coffee

THE BUSINESS WOMEN'S BRIDGE PARTY — Continued

Oyster Stew
Crackers Olives
Salted Nuts
Caramel Ice Cream
Cookies Tea or Coffee

Scrambled Eggs on Toast with Mushrooms
Stuffed Celery Salted Crackers
Hot Chocolate Cookies

Fruit Cup
(Grapefruit - Pineapple - White Cherries)
Assorted Sandwiches
Maple Nut Mousse
Cookies Salted Nuts Tea or Coffee

Patty Shells may be bought, ready to fill with creamed fish, chicken, oysters, etc. White Sauce made, kept in refrigerator, till ready to re-heat over hot water.

Biscuits are made, put in a pan, then set in the ice box, or other cold place, till wanted, when fifteen minutes, (or less for small ones) in a hot oven, will bake them.

Welsh Rarebit, toasted sandwiches, scrambled eggs, etc. are prepared in a grill, at the table, and served at once. Waffles are baked as eaten. Sandwiches to be toasted, are made in advance, then toasted as they are wanted.

Sandwich fillings may be kept for days in covered jars in the ice box.

Gertrude Dutton B. Sc. (H. Ec.)

TABLE OF WEIGHTS and MEASURES

2	cups	1	pt.
4	"	1	qt.
2	"	Butter (packed solidly)	.	.	.	1	lb.
3½	"	Flour (pastry)	.	.	.	1	lb.
2	"	Granulated Sugar	.	.	.	1	lb.
2	"	Fruit Sugar	.	.	.	1	lb.
2¾	"	Icing Sugar	.	.	.	1	lb.
3¼	"	Brown Sugar	.	.	.	1	lb.
5½	"	Rollled Oats	.	.	.	1	lb.
2½	"	Cornmeal	.	.	.	1	lb.
1¾	"	Rice	.	.	.	1	lb.
3½	"	Graham Flour	.	.	.	1	lb.
4	"	Coffee	.	.	.	1	lb.
8	Medium Eggs	1	lb.
1	Square Baker's Chocolate	1	oz.
3	tsp.	1	tbsp.
16	tsp.	1	cup
2	tbsp. Butter	1	oz.
2	tbsp. Granulated Sugar	1	oz.
2½	tbsp. Flour	1	oz.

TIME TABLE

— Baking —

Beef, per lb. . . . 15 mins. and 15 mins. over
Mutton, per lb. . 15 mins. and 15 mins. over
Pork, per lb. . . . 20 mins. and 20 mins. over
Veal, per lb. . . . 20 mins. and 20 mins. over

— Boiling —

20 to 25 minutes for each 1 pound according to the shape of the joint and kind of meat.

For Custards—3 to 4 eggs to 1 pint of milk,
1 teaspoonful of vanilla to 1 quart milk.

For Blanc Manges—2 tablespoons cornflour to 1 quart of milk.

For Cakes — 1½ teaspoonfuls of baking powder to 1 quart flour, 1 teaspoonful soda to 1 pint sour milk.

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Little tables are standing here and there among the colorful displays of delicious foodstuffs. You can sit comfortably at one of them and order your groceries in a restful unhurried atmosphere. A salesperson who knows her stock from anchovies to zwieback, will be ready to make suggestions, if you wish, or to tell you about any of the different foods.

There is such a variety of those foods! Besides needed staples from reliable branded lines, there are imported delicacies from all over the world - roast pheasant and grouse from England; figs and dates from Turkey, imported cheese from Norway, Switzerland, France; appetizers from Italy - such as anchovies, mackerel, tuna fish.

If you like leisurely ease - if you like well-displayed foodstuffs - if you like wide variety - you'll find it pleasant to shop in the Grocery Parlor. 3rd. Floor, Donald.

THE T. EATON CO. LIMITED